

the **gym** @ THE **JAMES**

Open 24/7 for registered hotel guests.  
Personal training available by appointment.  
For more information, contact the concierge at  
312.337.1000 or dial 0 from your hotel room.

the **gym**

the gym @ THE JAMES  
55 east ontario street  
chicago il 60611 | 312.337.1000  
[www.jameshotels.com](http://www.jameshotels.com)

## the gym @ THE JAMES

The James Chicago has enlisted celebrity fitness guru Jim Karas to provide customized programs and a team of first-rate trainers for our property's fitness center, The Gym. His expert team can help you get the most out of the 2,500-square-foot, full-service exercise space, which is open 24/7 for hotel guests and features 10 pieces of cardiovascular equipment (each furnished with an individual television set) and over 25 pieces of strength equipment. Created by Danny Erico, founder of the famed Equinox Fitness Clubs, this state-of-the-art facility embodies our commitment to providing active and engaging experiences and was designed with the specific needs of the wellness-conscious James guest in mind.

A menu of signature services is available à la carte and can be found on our Gym Menu of Services. Private sessions with a Jim Karas expert trainer are available by appointment.



Jim Karas is one of America's most sought-after fitness and weight-loss experts. His celebrity clientele has included Diane Sawyer, Paula Zahn and actors Candice Bergen, Rachel Weisz and Hugh Jackman, whom Jim helped get in the best shape of his life for the movie *X-Men 3: The Last Stand*. Author of the #1 *New York Times* bestseller, *The Business Plan for the Body*, *Flip the Switch* and *The Cardio-Free Diet*, Karas is also the Fitness Contributor on *Good Morning America* and appears regularly on national television shows such as *The View* and in major magazines including *O*, *The Oprah Magazine*, *Time*, *Vogue*, *Glamour*, *Good Housekeeping* and *Town & Country*.

Jim Karas Personal Training, named "The Best of Chicago" by *Chicago Magazine* and "One of the Nation's Premier Personal Training Firms" by *Allure*, sets the gold standard for results-driven, professional service in Chicago. Each Jim Karas Personal Trainer completes Jim's extensive in-house personal training program that teaches everything from etiquette to body movement manipulation to ensure the excellence and consistency of his service.

the gym



### custom workouts | \$100

Tell us your fitness goals, interests and abilities and we will create a customized one-hour workout integrating different types of training methods and services, including:

- Balance and Flexibility Training
- Yoga
- Pilates
- Weight Loss
- Strength and Resistance Training
- Spinning
- Kickboxing
- Postural Development
- Injury Rehabilitation & Prevention
- Cardiovascular Rehabilitation

### karas' classic full body workout | \$90

Jim developed this comprehensive workout based on his own training regimen. Combining all of Jim's favorite exercises in one workout, everything from strength training to balance training, the full-body workout is appropriate for guests of every age and ability level.

### the express-o | \$60

Jim knows what every busy business traveler needs in the morning - a quick pick-me-up. Get the energy to start your day with this 30-minute workout that blends both cardio and strength training to leave you feeling invigorated to take on the day.

### muscle sculptor | \$90

Designed to build muscle and strength, we challenge our more advanced guests to put their body through one of the most intense workouts Jim has ever created - a *Hugh Jackman* favorite!

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### bikini body | \$90

By popular demand, Jim created a special workout to help you look and feel better in your bikini. Focusing on toning your legs, glutes and stomach and defining your arms, this workout is a great start to a beach-ready body.

### training à deux | \$90 + \$30 each additional person

Two is better than one, and we offer group training. Whether you're with friends, coworkers or loved ones, we'll take everyone through a workout to enjoy together.

### room service session | \$130

Jim Karas Personal Training specializes in training people in their homes. If you're looking for some privacy, no problem - we'll come to you and take YOUR room and make it OUR gym.

### bridal boot camp | \$90 + \$30 each additional person

Everyone wants to look their best when they walk down the aisle. Jim has designed the perfect workout to tone key areas, help you relax, relieve some stress and add those final touches to your body before you say, "I do."

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