

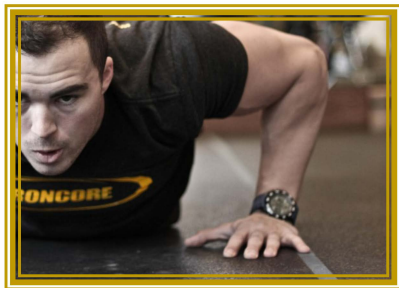
Make your workout goal  
a reality without leaving  
the hotel.

**PRISON STYLE  
PERSONAL TRAINING  
WITH MASTER  
TRAINER:  
BRON VOLNEY**

Loews Boston Hotel  
154 Berkeley Street  
Boston, MA 02116

Paying homage to our building's past as the former Boston Police Department Headquarters, the Loews Boston Hotel has partnered with trainer Bron Volney of BronCore Fitness to create a 60-minute full body workout complete with effective high intensity intervals. Come experience:

Prison Mate Bands  
Jail Bird Battle Ropes  
And much more!



Ask the concierge for more information on scheduling your 1 hour appointment with Bron in the Loews Hotel fitness center.

Cost: \$150 per hour  
Based on availability

*Only available to hotel guests. Training cost will be added to guest bill.*

**LOEWS**  
HOTELS