



THE *Fairmont*
DALLAS

Health & Wellness Event Options

Featuring LifeStyle Cuisine  &
LifeStyle Cuisine Plus 

Pilates By The Pool

Gather at the Garden Terrace for a morning Pilates by the Pool Session led by an instructor from the T. Boone Pickens YMCA*. Your guests will be invigorated by an early morning stretch to get their energy flowing for the day! After class, your guests will enjoy a variety of fresh fruit, protein packed smoothies and house made granola bars to replenish and prepare for a day of learning. Classes include use of Exercise Mats and Spa Water Service.

Morning Health Kick Menu

Fresh Fruit Kebabs with Wildflower Honey Yogurt Dip

House Made Granola Bars

Peach-Mango and Strawberry-Banana Smoothies with Protein Powder


Bottled Juices


Freshly Brewed Coffee, Decaffeinated Coffee and a Selection of Fairmont Teas

***T. Boone Pickens YMCA**

Located directly across the street from The Fairmont Dallas, the T. Boone Pickens YMCA is one of the largest and most advanced fitness facilities in the nation.

Instructors are fully certified and teach to a variety of fitness levels at all classes.

 Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

 Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

The Fairmont Dallas

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Fairmont
SIGNATURE EVENTS