



107 Princes' Boulevard, Toronto M6K 3C3-Canada

### **Fact Sheet for Writers: 10XTO at Hotel X Toronto**

TEN X TORONTO (10XTO) is an inspired athletic facility featuring 90,000 square feet of indoor and outdoor space which includes:

- A 6,500 square foot state-of-the-art Fitness Centre lined with over 50 pieces of cardio, strength and flexibility machines from TechnoGym's new ARTIS Collection\*  
*\*24/7 complimentary access for guests of Hotel X Toronto.*
- Four Group Fitness Studios: Hot Yoga, Group X Studio, Pilates Reformer and Technogym's Group Cycle
- Four world-class indoor DecoTurf tennis courts. Offering unparalleled views of the surrounding city and lake, and encased in floor to ceiling glass, these courts give one the feeling of year-round outdoor play. Two courts are located on the ground level, while the other two courts are two levels up, both featuring 50-foot ceilings.
- Nine glass back squash courts - seven singles and two doubles, spread over two levels. Each court was individually constructed and features composite panel front walls, glass backed walls, as well as hardwood floors with shock-absorbing subfloors.
- A golf simulator designed by Full Swing Golf with over 85 course options available year-round for a round of 18, a quick 9 or some training.
- A youth lounge available for members only which includes: arcade basketball, a pool table, PlayStation and two ping-pong tables.
- A Play Centre designed to be the ultimate kids' destination, run by highly trained and motivated caregivers. This 3,000 square foot Play Centre is equipped with its own sport court, age appropriate toys and books, four video game consoles, a big screen TV for movie time and a designated quiet area.
- 4,000 square feet of luxurious locker rooms with high-end finishing, 7 showers, men's and women's steam rooms, overnight and day use lockers, laundry service, and other amenities including hair dryers and L'Occitane products.
- COMING SOON: a 25-meter salt water FINA approved pool complete with lounge chairs, a bar, and barbeque area.

## **THE MOST IMPRESSIVE FITNESS CENTRE GYM**

At the core of 10XTO is the 6,500 square-foot Fitness Centre gym with views of Toronto's skyline, Lake Ontario, Exhibition Place and the beautiful indoor tennis courts designed with 50-foot floor-to-ceiling windows. The Fitness Centre gym is impressively furnished with TechnoGym's state-of-the-art ARTIS collection, and includes over 50 pieces of cardio, strength and flexibility machines, a full free weight area, functional strength and core stations, as well as mats for stretching and core strengthening.

TechnoGym's ARTIS equipment is at the forefront of fitness technology. With its seamless design, Wi-Fi and Bluetooth connectivity, and unique movement, ARTIS has redefined the training experience. The ARTIS has a powerful Android console that uses Wi-Fi and Bluetooth connectivity that allows users to access an infinite number of interactive experiences and customized training programs. TechnoGym's equipment also pairs with their very own My Wellness app, which allows users to track all their performance data. With more information, comes more responsibility.

Members and guests have the option to choose from a wide variety of Fitness Centre Gym equipment that caters to all fitness levels and goals.

### **10XTO cardio equipment includes:**

- 6 ARTIS Synchro (Elliptical)
- 8 ARTIS Run Treadmills
- 3 ARTIS Upright Bikes
- 2 ARTIS Recline bikes
- 2 ARTIS Vario (Elliptical Cross trainer)
- 1 ARTIS Climb (Stair Climber)

### **Skill Athletic Line includes:**

2 Skill Mills: Born from TechnoGym's experience spanning two decades as official fitness equipment supplier to Olympics, SKILLMILL is the first product allowing everyday athletes to improve their power, speed, stamina and agility, and enjoy the benefits of professional sports training in a safe, engaging and effective way.

2 Skill Rows: SKILLROW is the first fully connected indoor rowing equipment that trains both cardio and power at athlete's level, thanks to its sport-specific design, exclusive technology and performance-oriented workouts.

1 Skill Bike: The only stationary bike with real gearshift that lets riders experience the thrill and challenges of outdoors cycling. Explore infinite virtual routes and receive precise, valuable feedback to improve your power and efficiency.

### **Full Kinesis and Plate Loaded Multi Station Circuits:**

Move through the 10-station strength circuit and 6-station Kinesis Strength circuit to target every muscle group in the body. Log into the machines with the My Wellness app and track all progress. 10XTO trainers can also program a customized workout into a user's app so that the user has a program personalized to their specific health and fitness goals.

### **High Performance Free Weight and Strength and Conditioning Area:**

Find a large array of dumbbells and plate loaded strength machines in the free weight area. This area is designed to meet all strength and conditioning needs. This space was deliberately designed to support and optimize all fitness regimes.

### **Functional Training and OMNIA Circuit Area: MOVE, TRAIN, PLAY:**

Experience the world's most versatile functional training concept. The OMNIA brings people together in an active and interactive way to have fun whilst achieving training goals.

Included in the functional and core training area

- Medicine Balls (10-30 pounds)
- Slam Balls (10 -30 pounds)
- Bosu Balance Trainers
- Stability Balls
- Foam Rollers
- Skipping Ropes
- Stability and Balance tools
- Battle Ropes
- TRX
- Pull Up Bar
- Rings

## **TEN X TORONTO GROUP FITNESS STUDIOS**

No other gym can rival the four distinct, dedicated studios 10XTO offers. Guests and members have their pick between the hot yoga, Pilates, Studio X and Group Cycle studios. 10XTO trainers motivate, structure and guide guests and members towards their personal fitness goals in a fun, accountable way.

### **HOT YOGA STUDIO**

The Hot Yoga Studio rests at 27 degrees C (80 degrees F) to accommodate a gentle warm practice and lends itself to a more rigorous vinyasa style practice. The studio can also heat up to 37 degrees C (98 degrees F). 10XTO provides mats, blocks, straps and accessories to maximize stretching and strengthening of your practice. Whatever the style, the hot yoga studio is built for everyone.

### **PILATES STUDIO**

The state-of-the-art Pilates studio offers six Reformers, six Stability Chairs, one Ladder Barrel and one Cadillac, furnished entirely by the leaders in the mindful movement, Merrithew Pilates. This studio offers breathtaking views of the city, guaranteed to inspire a workout. Drop-in Reformer and apparatus-based classes are offered based on availability, and there is the option to book a private or duet session with a fully certified Pilates expert.

### **GROUP CYCLE STUDIO**

TechnoGym's Group Cycle Connect is an indoor cycling system that tracks workouts, enabling users to improve their performance through an immersive riding experience. 10XTO's Group Cycle Studio is equipped with 24 of TechnoGym's top of the line group cycle bikes. Each bike has its own console that provides feedback to rider's looking to track their RPM, resistance, heart rate, power output, distance travelled and calories burned. The bikes integrate into TechnoGym's My Wellness app, which tracks each riders details. This interactive experience imitates outdoor cycling while projecting beautiful, breathtaking locations all over the world.

### **STUDIO X**

Jump into Studio X for an awesome fitness experience. Classes offered in Studio X are non-heated and incorporate a multidisciplinary approach between Yoga, Pilates and HIIT to offer classes such as: Core Pilates Fusion, Yogalates, Body Sculpt and HIIT training. The room comes completely furnished with Pilates rings, weighted balls, mats, dumbbells, barbells, yoga blocks and functional equipment.

**THE TEAM AT 10XTO :** The 10XTO team is a group of highly accomplished professional athletes ranging from Olympians to international world champions. Local Toronto residents and guests of Hotel X Toronto now have the opportunity to learn from the best, in a variety of sports ranging from Tennis, Squash, Yoga, Pilates and more. This distinguished team is here to help everyone reach their personal fitness goal.

**Gary Muller, CEO/ Tennis Director**

Ranked 7<sup>th</sup> in the world as a doubles player on the ATP world tennis tour and reaching as high as 49<sup>th</sup> in singles, Gary Muller was an esteemed professional tennis player. After a successful 20 years, Gary retired and coached on the Association of Tennis Professionals (ATP) tour for nine years. He then moved to Canada to join the Ontario Racquet Club (ORC), one of the country's largest racquet, health and fitness clubs. As the CEO and Tennis Director of 10XTO, Gary looks forward to inspiring individuals of all fitness levels to fulfil their personal athletic potential.

**Dean Brown, General Manager**

As a former Canadian Jr Squash Champion, Dean reached the individual finals of the NCAA Individual Championships while playing for University of Western Ontario. Upon graduating from Western's Kinesiology Program, Dean was named as the new Head Squash Professional at the Adelaide Club, while continuing to play on the International Squash Doubles Association professional circuit where he achieved team ranking of #2 and reached #8 in the Canadian Singles Rankings.

After 2 years as the Adelaide Club's squash professional, Dean moved over to the Cambridge Club in the same capacity, before returning to his roots at the Adelaide Club as the General Manager. It was at the Adelaide Club, where Dean spearheaded the Club's re-branding and a complete renovation of the Club. The success of this project promoted Dean to the COO of the Cambridge Group of Clubs, and soon after he became an equity partner, a position he held until 2016.

Now, as the General Manager of the Ten X Toronto (10XTO) Team, Dean is excited to work with Gary Muller, CEO, and the 10XTO management team in creating the most luxurious sports club experience in Toronto.

**Alex Gravina, Head Tennis Professional**

Alex Gravina came to prominence as a Canadian professional tennis player as a Rogers Cup hitting partner, a Junior Davis Cup Captain, and provincial team coach for both Ontario and British Columbia. Now, Alex is the head tennis professional at 10XTO with over 25 years of experience. Alex previously held positions at elite clubs such as The Ontario Racquet Club in Mississauga and The Hollyburn Country Club in Vancouver.

### **Daniel Nestor, Touring Professional (Tennis)**

Olympian Daniel Nestor is one of the most accomplished doubles player in the history of the ATP tour. Daniel's accolades include more than 80 doubles titles, eight Grand Slam titles and four ATP World Tour Finals Championships. In 2000, Daniel made history at the Summer Olympics when he won the men's doubles gold medal and became Canada's first ever Olympic medallist in tennis. Daniel is also the first player to win 1,000 ATP double matches. Daniel looks forward to the next chapter of his career, working with the next generation of professional tennis players at 10XTO.

### **Amr Shabana, Squash Director**

Four-time World Champion Amr Shabana is one of the greatest squash players in the world. In 2006, he reached the World No. 1 ranking – a position he held for three years. His unique techniques quickly earned him the nickname "The Maestro". In 2015, Amr retired from the PSA World Tour. Bringing a wealth of expertise, AMR is the Squash Director of 10XTO.

### **Rob Nigro, Head Squash Professional**

Ranked top 30 in the world on the professional doubles tour, Robert Nigro is a 2-time Canadian champion and Ontario junior champion. He represented Canada in the World Junior Team Championships and the World University Games. Currently, Robert hold the record for the most winning player in Canadian university history with four consecutive years undefeated. Daniel brings a tenacity, passion and strength unrivalled in squash to 10XTO.

### **Jennifer Kennedy, Fitness Director**

With over 15 years of experience leading and managing fitness facilities in varied private club environments, Jennifer Kennedy is 10XTO's Fitness Director. Jennifer's specialized skills in injury rehabilitation, high performance training, golf and tennis fitness programming and functional training programs makes her a vital resource that any 10XTO member can tap into.

You can also find her in the Group Fitness studios, leading the Yogalates, Pilates, Spinning, and Strength Training classes, which she finds very rewarding. Jennifer holds an Honours degree in Kinesiology from McMaster University.

### **Jannie Rodrigues, Fitness Manager**

With over 14 years of experience in Personal Training and Group Fitness leadership and 13 years of working in the private club industry, Jannie Rodrigues is 10XTO's Fitness Manager. Her background includes a Diploma in Fitness & Lifestyle Management from George Brown College, followed by a Kinesiology & Health Science degree from York University. Jannie exudes a high-energy and positive personality. She's extremely passionate about educating members to ensure that they get the best information possible to help reach their health and fitness goals safely and effectively. You'll find her bouncing around the studios while teaching classes such as Body Sculpt, HIIT Circuit and Core Fusion Pilates.