

## Hotel guests, staff and locals are running together in Ni'mat Running Club

*Fresh air, a wonderful city and an energizing run. We are facilitating a running club - an extra service for guests at Ibsens Hotel and Hotel Kong Arthur. We wish to offer a local experience and the possibility to maintain the training for the many runners amongst our guests.*

We know that there are many runners among our guests and that it is hard to find the good routes in a new city. A run offers a healthy and sustainable opportunity to sense the soul of the neighborhood around the hotels and the city. It is important for us to give our guests a feeling of home away from home and belonging. Even if they only stay with us for a few days they can be temporarily local.

As a new different approach, Ni'mat Spa offers hotel guests a coach-facilitated running club. The running club takes place from 17:00 – 18:00 every Tuesday and Thursday afternoon and it's free for hotel guests. After a 4-5 km run in the beautiful neighborhood of Nansensgade and central Copenhagen the runners can enjoy the Jacuzzi, sauna and aroma steam bath in our spa, Ni'mat Spa. To complete the training we offer a healthy, energy boosting smoothie.

All our guests have to do is to sign up at reception and show up at 17:00 wearing running clothes. From there a professional running coach will facilitate an energizing experience in the beautiful city of Copenhagen. Incorporated in the tour are breaks, and the coach will guide the runners through exercises, such as squats, lunges, sit-ups and push-ups. That way the runners will get a full body workout incorporating both pulse and strength training.

The running club is a wonderful way to network – and one should not be surprised to be running side by side with the hotels' managers, other staff members or even people from the neighborhood, because Ni'mat Spa Running Club is open for both locals, Arthur Hotels' employees and guests.

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