



Sheraton®

NEW YORK
TIMES SQUARE
HOTEL



FITNESS HOURS

Open 24 hours with a key card.
Staffed from 5:30AM-9:00PM

**FOR INQUIRIES, CONTACT OUR FITNESS
SERVICES DESK AT 212 581 1000**

Fitness Training And Programs

Because staying focused on your health goals can be hard when you're on the road, Sheraton New York Times Square is proud to be the first hotel fitness center in NYC to offer a team of certified trainers. These trainers come from a diverse range of backgrounds and can inspire you to reach your fitness goals on the road, set dietary goals and programs or just offer guidance on how to use the innovative exercise equipment. You'll have access to our 10 Peloton bikes, 14 daily classes and 5,000 workouts as well as weights, cardio and strength training equipment like the TRX suspension system.



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Meet Your Sheraton Fitness Center Team

ERIN GARCIA

Erin is a fitness professional with over five years' experience in gyms and fitness centers. She works to organize, inspire and lead individuals and small groups with a focus on resistance and cardiovascular training. Erin conducts one-on-one training sessions and can create tailored nutritional guides that set clear goals for her clients. A runner who regularly competes in marathons and half marathons, she works to prepare non-runners for their first 5K and 10K races. Her credentials include first-aid and CPR training as well as certifications in personal training and nutrition from the National Academy of Sports Medicine (NASM).

HAROLD QUINTANA

Harold Quintana is a seasoned fitness professional with over fifteen years in the fitness, wellness and hospitality industry working as a personal trainer and fitness manager for top gyms including Equinox, New York Sport Clubs and Think Fitness NYC. He believes that fitness is a lifetime commitment, expressing his own commitment by serving as Director of Healthy Lifestyles at YMCA, training as a TRX Suspension Training corrective exercise specialist and training in CPR/AED by the American Red Cross. He is also certified by the National Academy of Sports Medicine and the American Council on Exercise. Harold is an avid runner, coaching for the United States Track and Field Federation, and loves skiing and playing basketball in his spare time.

SCOTT SCHMIDEL

Scott is his own fitness success story, overcoming a battle with weight by making drastic lifestyle changes that led him to a new career in the fitness profession. Even then he had more challenges than most, having to go through extensive rehabilitation after being hospitalized for two months after being hit by a car. He inspires and helps others to find their inner athlete through programs that deliver effective results while incorporating proper lifestyle habits that will help them to reach their personal goals.

WILMER J. DIEGO

Formerly a professional soccer player and marathon runner, Wilmer is now an experienced fitness operations professional. With over 15 years in the hospitality industry, he has worked at premium clubs including The Ritz-Carlton Residence on Singer Island and the Caves Valley Golf Club. His focus is facilitating world-class experiences for guests while leading his team to be their best. He is also fluent in Spanish. Wilmer makes sure the fitness center is always well maintained, clean and ready for your workout, whether it's ensuring there are supplies of quality refreshments or that guests are always well served.

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