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FIND FITNESS BALANCE IN FOODIE PARADISE WITH PORTLAND'S PROVENANCE HOTELS AND BARRE3

December 12, 2012 – PORTLAND, Ore. – Proving the adage that good things come in threes, downtown Portland's three award-winning Provenance Hotels have teamed up with barre3, the nation's hottest fitness movement, to offer a "barre3 Balance" hotel package and help travelers restore their fitness equilibrium as they work off calories from the city's famed eateries.

A Portland original, just like Provenance Hotels' historic Governor Hotel, chic Hotel Lucia and glamorous Hotel deLuxe, barre3 was developed by expert instructor Sadie Lincoln and combines elements of ballet barre, yoga and Pilates to transform the body and create balance, strength and flexibility. Embodying a spirit of entrepreneurial collaboration unique to Portland, these two innovative, independent companies have come together to help travelers strike a balance between fitness and indulgence.

A "barre3 Balance" getaway pairs an overnight stay with a class at barre3's flagship studio in downtown Portland and includes \$20 worth of room service for a balanced breakfast, one of barre3's signature exercise balls and, so travelers can make their newfound balance a long-term habit, free online barre3 classes for the following 30 days.

Rates for Provenance Hotels' "barre3 Balance" package start at \$219 per night, plus tax. The package is available at Portland's Governor Hotel, Hotel Lucia and Hotel deLuxe now through June 1, 2012 and can be booked online at www.provenanancehotels.com/barre3.

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About barre3

Barre3 offers group exercise classes designed to transform the body to one of equal balance, strength and flexibility. Using the ballet barre as a prop, barre3 combines the wisdom of yoga and the strength of Pilates for a 60 minute, highly effective workout. Whether you're a fitness enthusiast or are simply looking for a mindful way to unwind during your travels, barre3 offers an experience that welcomes all ages and fitness levels. Our Pearl District studio, located at 10th and Marshall, is easily accessible from all Provenance Hotels via the Streetcar. Ask your Provenance front desk assistant to reserve your complimentary class! Yoga attire is recommended, and all props are provided at the studio. Are you too busy to attend class at our studio? Try barre3 online workouts to get fit without ever leaving your hotel room. Barre3 online workouts can be done anytime, anywhere, and range from 10 to 60 minutes. Barre3 can be found online at www.barre3.com.

About Hotel deLuxe

Located at 729 SW 15th Avenue in downtown Portland, Ore., Hotel deLuxe – one of Conde Nast Traveler's 2011 Reader's Choice Top 200 US Hotels – offers glamorous accommodations that channel the Golden Age of Hollywood cinema just steps from the city's best shopping, restaurants and night clubs. 130 guest rooms boast indulgent but essential amenities like locally-sourced Portland Roasting coffee and Smith Teas; Provenance Hotels' signature Pillow, Spiritual and iPod menus; and a "Make It So" button on every

hotel phone for the most whimsical desire or typical need. Hotel deLuxe can be found online at <u>www.hoteldeluxe.com</u>, <u>www.facebook.com/hoteldeluxeportland</u> and <u>www.twitter.com/hotel_deluxe</u>. Reservations are available online or by phone at 866-986-8085.

About Hotel Lucia

Centrally located at 400 SW Broadway in the heart of downtown Portland, Hotel Lucia – one of *Travel + Leisure's* 500 Best Hotels in the World for 2010 – offers an art-filled boutique setting amid the city's best shopping, restaurants and night clubs. This hotel offers 127 guest rooms and indulgent but essential amenities including Portland's own Portland Roasting coffee and Smith Teas; Provenance Hotels' signature Pillow, Spiritual and iPod menus; and a "Get it Now" button on every hotel phone for the most whimsical desire or typical need. The Hotel Lucia can be found online at <u>www.hotellucia.com</u>, <u>www.facebook.com/hotelluciaportland</u>, <u>www.twitter.com/hotel_lucia</u>. Reservations can be made online or by calling reached by calling 866-986-8086.

About Governor Hotel

Located in the heart of downtown Portland, Ore. at 614 SW 11th Avenue in downtown Portland, Ore., the AAA Four Diamond-rated Governor Hotel is listed on the National Register of Historic Places and offers grand accommodations and gracious service with easy access to the city's best shopping, restaurants and night clubs. 100 guest rooms boast indulgent but essential amenities like locally-sourced Portland Roasting coffee and Smith Teas and Provenance Hotels' signature Pillow, Spiritual and iPod menus. The Governor Hotel can be found online at <u>www.governorhotel.com</u>, <u>www.facebook.com/governorhotel</u> and <u>www.twitter.com/governor hotel</u>. Reservations are available online or by phone at 888-246-5631.

About Provenance Hotels

Provenance Hotels is an award-winning collection of urban boutique hotels with a distinct and deeply integrated art story and unique, welcoming amenities. It includes Hotel deLuxe, Hotel Lucia and the Governor Hotel in Portland, Ore., Hotel Max in Seattle, Wash., Hotel Murano in Tacoma, Wash., and Hotel Preston in Nashville, Tenn. Provenance Hotels can be found online at <u>www.provenancehotels.com</u>.