



# Microsoft Inspire

Las Vegas, Nevada

July 14-18, 2019

## Wellness

At Microsoft Inspire + Microsoft Ready, attendees are empowered to continue their unique wellness journey. See below for the full offerings and details to get the most out of your experience and maintain your healthy lifestyle during your week in Las Vegas. Here are some of your wellness opportunities:

- We have included healthy options at every meal
- Plenty of water stations to refill and stay hydrated (don't forget to bring your water bottle!)
- Gym facilities at all attendee hotels opened early, to accommodate Microsoft Inspire + Microsoft Ready agenda
- Morning running routes to explore on your own, or with a friend
- Walking routes from T-Mobile Arena to Mandalay Bay Convention Center and MGM Grand – look for the signs!

### Extended Gym Hours:

Adjusting hours of operation for Monday, July 15 – Friday, July 19 to open at 5AM:

- Caesars Palace – 5:00AM-8:00PM
- Venetian – 5:00AM-8:00PM
- Wynn Encore – 5:00AM-8:00PM
- Mandalay Bay – 5:00AM-7:00PM
- Paris – 5:00AM-7:00PM
- Planet Hollywood – 5:00AM-7:00PM
- NYNY – 5:00AM-7:00PM
- Luxor – 5:00AM-6:00PM
- MGM Grand – 5:00AM-8:00PM
- ARIA – 24 hours
- Cosmopolitan – 24 hours
- Mirage – 5:00AM-7:00PM
- Vdara – 5:00AM-8:00PM



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**Fitness Facilities:** Here are some nearby fitness facilities for you to check out on your own time at Microsoft Inspire + Microsoft Ready when you're looking to get a workout in.

- 24 Hour Fitness  
(702) 876-2451  
5035 W Tropicana Ave, Las Vegas, NV 89103
- The Strip Crossfit  
(702) 205-9838  
4325 Dean Martin Dr Unit 315, Las Vegas, NV 89103
- ESPA at Vdara  
(702) 590-2111  
2600 W Harmon Ave, Las Vegas, NV 89158
- Planet Fitness  
(725) 600-4300  
4001 S Decatur Blvd #10, Las Vegas, NV 89103
- Soul Cycle  
Wynn Plaza: 3131 S Las Vegas Blvd Suite: 207  
+1 702-637-3230