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Get fit and fabulous at The Plaza

Manhattan's historic The Plaza Hotel has announced it is hopping on the wellness bandwagon.

This fall, guests are due to begin working out in a new state-of-the-art La Palestra fitness facility run by Pat Manocchia, who has trained Madonna and other celebrities. They'll also get health evaluations from doctors who are affiliated with top hospitals, as well as nutrition counseling and more.

The facility also will be open to the public, The Plaza says.

— *Kitty Bean Yancey*