From Fiumicino “Leonardo Da Vinci” Airport - to Roma Termini station

Trains (called “LEONARDO EXPRESS”) depart from Fiumicino airport to Rome Termini main station each 30 min. See this web site for further information:
http://www.adr.it/content.asp?SUBC=1361&L=3&IDMEN=731

From Ciampino airport - to Rome Anagnina (metropolitana - line A) station

The best solution could be the following:
COTRAL bus from airport to Anagnina (line A) station (route time 15min). For more information and solutions, visit this website:
http://www.adr.it/content.asp?Subc=2020&L=3&idMen=204

From Anagnina (metropolitana - line A) station to Termini station or to Repubblica (metropolitana – line A) station (near to the suggested hotels)

From Anagnina you can take linea A metro, with no change (route time: about 25min)
Visit this website to see the metropolitana map:
http://www.alfanet.it/welcomeitaly/roma/bus_metro/mappametro.html