



CONTACTS:

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Sydney's Health Haven

Welcoming the personal approach to health and fitness at LivingWell



Sydney, Australia – LivingWell Premier Health Club is the largest hotel-based health club in Australia. Offering a truly unique service with its 'Personalised Fitness for Life' philosophy and promise, LivingWell is a fitness sanctuary that's all about you, your goals and finding a realistic balance to make the most out of life.

Spanning the entire footprint of the hotel, LivingWell is a health haven and one of the most luxurious health clubs in the city. Features include:

- The latest Precor P80 interactive cardiovascular equipment, hosting the largest P80 range of any gym in Australia
- Spacious free weights area and vibrant spin studio
- Power Plate equipment
- Group fitness studio and extensive range of group fitness classes
- Free personalised programs designed by team of expert fitness instructors
- 8 personal trainers
- 25m swimming pool, spa, saunas and steam rooms
- Complimentary towels and toiletries

LivingWell offer the full range of Les Mills group fitness classes (Body Pump, Body Combat, Body Attack, Body Step, Body Balance and RPM) as well as classes in Cycle, Aqua, Circuits, UBound, Kung Fu, Hardcore, Zumba, Boxing, Power Plate, Pilates and Yoga.

Jerome Boadu, LivingWell Manager says, “If you can fit exercise, nutrition and relaxation into your lifestyle in a realistic way, they become a natural part of your time and that’s what me and my team work hard to foster here through our personalised fitness for life promise.

“Getting fit shouldn’t take over your life; it should help you enjoy it even more. Our personalised fitness approach works out what’s right for you alone. We want you to enjoy it as only then will you stick to a routine and achieve the results that you want. This flows through from the breadth of opportunity and facilities available here to the truly unique atmosphere we have created which you can’t fail to notice when you walk into the club.

“There is no intimidation or competitiveness at LivingWell; it’s a really motivational and enjoyable place to be and enjoy some me-time – something which too many people neglect.”

LivingWell’s Personalised Fitness for Life program starts with a consultation one on one with a fitness instructor. Your plan is then designed around you, what you want to achieve, considering what you don’t like as much as what you don’t. It will include elements from the following and will constantly evolve to keep your program fresh and stimulating:

- Cardiovascular / aerobic exercise
- Strength training
- Core muscle exercise
- Flexibility exercises
- Swimming

The LivingWell Premier Health Club is free to hotel guests and open to club membership for busy city workers who need a little time out. Being exclusive to the Hilton Group with 90 LivingWell outlets worldwide, LivingWell members are able to take advantage of a host of other exclusive benefits. Membership packages start from \$28 per week.

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Notes to Editor:

LivingWell at Hilton Sydney, 255 Pitt Street, Sydney NSW 2000
T: +61 (0) 2 9273 8800

Opening Hours

- Monday to Friday 5.30am – 9.30pm (last entry 8.45pm)
- Saturday and Sunday 7am – 8pm (last entry 7.15pm)
- Public Holidays 7am – 8pm (subject to change)

About Hilton Sydney

Aspire to Hilton Sydney...centrally located in Sydney CBD close to shopping and entertainment, Hilton Sydney offers 577 luxury accommodation rooms and suites plus four dedicated levels of conference and events space catering up to 3000 delegates. The hotel also features Luke Mangan's renowned restaurant glass brasserie, the stylish and award-winning Zeta Bar, iconic Marble Bar and LivingWell Premier Health Club and Day Spa.

About Hilton Hotels & Resorts

One of the most recognized names in the industry, Hilton Hotels & Resorts stands as the stylish, forward thinking global leader in hospitality. From inaugural balls and Hollywood award galas to business events and days to remember, Hilton is where the world makes history, closes the deal, toasts special occasions and gets away from it all. The flagship brand of Hilton Worldwide continues to build upon its legacy of innovation by developing products and services to meet the needs of tomorrow's savvy global travelers while more than 144,000 Team Members shape experiences in which every guest feels cared for, valued and respected. Today, the Hilton Hotels & Resorts portfolio includes more than 540 hotels in 78 countries and the brand remains synonymous with "hotel."

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Hilton Hotels & Resorts is one of Hilton Worldwide's ten market-leading brands.