

# THE WESTIN

ST. FRANCIS  
SAN FRANCISCO  
ON UNION SQUARE

## THE WESTIN ST. FRANCIS LAUNCHES COMPREHENSIVE HEALTH & WELLNESS PROGRAM AND NEWLY EXPANDED FITNESS STUDIO

**SAN FRANCISCO, CA – MARCH 20, 2017** – The renowned Westin St. Francis, San Francisco's premier hotel located directly on Union Square, is proud to announce the completion of its expansive new WestinWORKOUT® Fitness Studio and the launch of a comprehensive health and wellness program.

### **WestinWORKOUT® Fitness Studio**

With a fresh new look designed to encourage health and wellness, the WestinWORKOUT® Fitness Studio has undergone a complete renovation and been expanded to 6,000 square feet. The spacious facility features an array of the latest equipment including PreCor Elliptical, Flexstriders, Powermill Climbers, and Life Fitness machines. *The WestinWORKOUT facility is complimentary for guests and open 24 hours everyday.*

### **Gear Lending**

Through a very successful partnership between New Balance and Westin Hotels & Resorts, guests of The Westin St. Francis have complimentary access to New Balance shoes, apparel and accessories through a product loan program. During their stay, guests can borrow running shoes with brand new, disposable insoles for each use, as well as a variety of men's and women's apparel including shorts, shirts and socks for men and shorts, capri pants, shirts, sports bras and socks for women. *\$5 fee per person.*

### **Westin Run**

RunWESTIN takes the hotel's fitness offerings beyond the hotel, giving guests the opportunity to customize their workout to their destination and take in the local scenery. Tailored running maps are available through the concierge.

### **Westin SuperFoodsRx™**

Guests looking for healthier, lighter-dining options can enjoy items from the SuperFoodsRx menu available in The Oak Room Restaurant for breakfast and lunch, Caruso's and in-room dining. A rich source of antioxidants, vitamins, minerals, protein and omega-3 fatty acids, SuperfoodsRx such as blueberries, wild salmon, walnuts, pumpkin, tofu and avocado are incorporated into a selection of delicious, nutrient-rich dishes.

### **Westin Fresh By The Juicery**

Guests can fuel their day and enhance their wellness with Westin® Fresh by The Juicery, an assortment of nourishing, healthy juices and smoothies. Curated in partnership with the experts at The Juicery, each custom blend packs a punch of revitalizing goodness. Juices are available in The Oak Room Restaurant, Caruso's and in-room dining.

### **About The Westin St. Francis**

Opened more than a century ago on March 21, 1904, The Westin St. Francis still today maintains its preeminence as San Francisco's center of social, theatrical and business life. Renowned for luxury accommodations and excellent service, The Westin St. Francis continues to preserve its rich history and elegance while enhancing the guest experience with fresh, innovative concepts. The only hotel located on San Francisco's famous Union Square, The Westin St. Francis is just steps from world class shopping, dining, theatres and art galleries. For reservations and more information, call (415) 397-7000, toll free (800) 917-7458 or visit [www.westinfrancis.com](http://www.westinfrancis.com).

### **Westin Hotels & Resorts**

Westin Hotels & Resorts, a leader in wellness and hospitality for more than a decade, lives its philosophy "For a Better You™" through the brand's Six Pillars of Well-Being: Feel Well, Work Well, Move Well, Eat Well, Sleep Well and Play Well. At more than 200 hotels and resorts in nearly 40 countries and territories, guests can experience offerings that include the iconic Heavenly® Bed, RunWESTIN™ and Westin Gear Lending with New Balance®, delicious and nutritious SuperFoodsRx™ and the innovative workspace Tangent. Westin is proud to participate in the industry's award-winning loyalty program, Starwood Preferred Guest®. Members can now link accounts with Marriott Rewards®, which includes The Ritz-Carlton Rewards® at [members.marriott.com](http://members.marriott.com) for instant elite status matching and unlimited points transfer. To learn more, visit [www.westin.com](http://www.westin.com). Stay connected to Westin on [Facebook](#) and [@westin](#) on [Twitter](#) and [Instagram](#).

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Photography available upon request.

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