

THE WESTIN

ST. FRANCIS
SAN FRANCISCO
ON UNION SQUARE

THE WESTIN ST. FRANCIS LAUNCHES “SWEATWORKING” MEETINGS

SAN FRANCISCO, CA – MARCH 27, 2017 – The renowned Westin St. Francis, San Francisco’s premier hotel located directly on Union Square, has launched a “Sweatworking” program designed to add health and productivity to meetings. The newly renovated 6,000 square feet WestinWORKOUT® Fitness Studio provides a spacious venue filled with state-of-the-art equipment ideal for groups to turn meetings into fitness experiences.

“Sweatworking” at The Westin St. Francis is devised for groups seeking to energize their meetings while combating the ill effects of a sedentary work life. As more people become focused on exercise yet have less time to do it, the growing practice of meeting with colleagues or clients for a walk, run, or fitness class (aka “sweatworking”) is a fast-growing trend. Instead of meeting over lunch or sitting in an airless boardroom, companies are helping their employees and clients improve their health and mental alertness while strengthening team collaboration.

With the “Sweatworking” program, groups will enjoy access to the WestinWORKOUT® Fitness Studio, healthy snacks, and hydrating beverages, with the option to add Westin Fresh by The Juicery (bottled healthy juices and smoothies). To book a “Sweatworking” meeting, contact Danielle Perez at (415) 774-0270 or danielle.perez@westin.com. *\$24 per person. Available for groups up to 25 people.*

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, theaters, and art galleries. For reservations and more information, call (415) 397-7000, toll free (800) 917-7458 or visit www.westinstfrancis.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 for instant elite status matching and unlimited points transfer. To learn more, visit 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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