



# Wellness Concierge Services

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## **FITNESS, 24/7: WESTINWORKOUT™ FITNESS STUDIOS**

Maintain your focus on fitness with 24/7 access to state-of-the-art equipment and all the essentials to power your performance.

## **PACK LIGHT, STAY FIT: GEAR LENDING**

Westin Gear Lending helps you keep moving with New Balance workout gear conveniently delivered right to your room.

## **PERSONALIZE YOUR WORKOUT: TRX + LIFE FITNESS**

Westin provides TRX functional training equipment in all WESTINWORKOUT™ Fitness Studios, allowing you to fully customize and maintain your workout routine on the road.

## **EXPLORE YOUR SURROUNDINGS: RUNWESTIN™**

Stay active with three to five mile RUNWESTIN™ running routes or join a group run accompanied by a RUNWESTIN™ Concierge.

## **WELLNESS ACTIVITIES AND ASSISTANCE PROGRAM**

Get involved and maintain your wellness with the Westin daily activities like morning yoga. Contact or see the Wellness Concierge for more information and assistance.

For more information contact Amelia Moore at **941.217.8246** or email [amelia.moore@westinsarasota.com](mailto:amelia.moore@westinsarasota.com).

**THE WESTIN**  
SARASOTA

WESTIN  
**WORKOUT**

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