

S O F I T E L

SYDNEY WENTWORTH



Sofitel Sydney Wentworth Unveils Sofitel Fitness, Introducing a Holistic Vision of Urban Well-Being

Sofitel Sydney Wentworth unveils **Sofitel Fitness**, a reimagined wellness destination for guests and members that brings together movement, recovery and restorative sleep, redefining urban well-being through the lens of French elegance and modern luxury.

A Sofitel Philosophy of Wellness

At Sofitel, wellness is the art of balancing pleasure and well-being. Infused with French zest, it celebrates vitality, elegance and indulgence, turning everyday moments into invitations to restore, reconnect and enjoy life's most refined pleasures through fitness, sleep and nutrition. At Sofitel Sydney Wentworth, this philosophy comes to life through a sanctuary where French *art de vivre* meets contemporary well-being.

Designed for guests and members who seek balance, beauty and renewal, Sofitel Fitness is more than a place, it is a journey. Located in the heart of Sydney, the wellness centre is complimentary for hotel guests and offers a limited number of memberships for external members. It reflects the evolution of luxury hospitality, where wellbeing is seamlessly integrated into how we travel, work and live.

Movement, Designed Around You

The luxury fitness experience features state-of-the-art Technogym equipment, premium free weights and a dedicated stretch and mobility zone, alongside Reformer Pilates offering self-guided sessions via the Your Reformer system. Guests and members can also access unlimited Les Mills® on-demand classes, supporting personalised movement on their own schedule, from high-intensity training to mindful practices such as yoga and Pilates.

Recovery as a Daily Ritual

At the heart of the experience is the Recovery Room, where evidence-based therapies are elevated into daily ritual. Facilities include Clearlight™ infrared saunas, a Saunum® next-generation dry sauna, cold plunge immersion and an Arctic shower, supporting muscular recovery, circulation and deep relaxation, particularly valued by frequent travellers and high-performance urban professionals.

The Art of Sleep

Wellness at Sofitel Sydney Wentworth extends beyond the gym. The hotel's philosophy embraces the art of sleep as a cornerstone of true luxury. Guests are invited to experience deeply restorative rest through the iconic Sofitel MY BED, available exclusively in-room and also offered for purchase to extend the experience at home. A curated pillow menu, refined sleep amenities, smart-room technology including SMART lighting, and nightly turndown rituals featuring Sofitel herbal teas by Dilmah are thoughtfully designed to support relaxation and circadian rhythm. The experience is complemented by a dedicated bedtime playlist from Sofitel Résidence, created to soothe the mind and gently ease guests into sleep.

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Nourishment, Thoughtfully Considered

Mindful dining completes the journey, beginning with a generous buffet breakfast designed to support diverse dietary needs, including gluten-free, dairy-free and plant-forward options. Across the hotel's four restaurants and bars, menus balance enjoyment and wellbeing, while room service dining offers sleep-supportive dishes. A dedicated offering within Sofitel Fitness further complements movement, recovery and rest.

A New Standard of Luxury Well-Being

"Today's discerning guest wants to arrive feeling aligned, not disrupted," says General Manager Mark Burns. "Sofitel Fitness allows guests and members to maintain their wellness rituals in an environment that feels intuitive, restorative and quietly elegant."

With understated interiors, premium materials and discreet technology enabling effortless access and personalisation, Sofitel Fitness embodies a wellness experience that is immersive yet intuitive, indulgent without excess.

With this launch, Sofitel Sydney Wentworth reinforces its position at the forefront of contemporary luxury hospitality, offering an integrated approach to well-being that supports guests and members long after check-out.

Because true luxury is feeling your best.

To mark the launch of Sofitel Fitness at Sofitel Sydney Wentworth, enjoy a special offer, including:

- One night's accommodation designed for restorative sleep
- \$100 dining credit to enjoy across the hotel's restaurants, bars or room service dining including wellness-led options
- Access to Sofitel Fitness, with unlimited Reformer Pilates sessions, Les Mills® training classes, and Recovery Room access featuring complimentary infrared saunas, cold plunge and Arctic showers
- A generous buffet breakfast with a wide range of gluten-free, dairy-free and plant-forward options

Introductory Membership tiers:

Soho Essentials - \$49/week (first 2 weeks free)

Soho Balance - \$79/week (first 3 weeks free)

Soho Infinite - \$89/week (first 4 weeks free)

Sofitel Sydney Wentworth is also offering ALL Loyalty members 4× Reward points on bookings made from 16 February to 12 April, for stays through to 9 August 2026.

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About Sofitel Sydney Wentworth

Located in the heart of Sydney's CBD, Sofitel Sydney Wentworth is a heritage-listed five-star hotel that blends French art de vivre with modern luxury. Since opening its doors in 1966, the hotel has been a symbol of Sydney sophistication, renowned for its elegant design, refined service, and commitment to creating memorable experiences for every guest. Home to the stylish Wentworth Bar and Garden Court Restaurant, Sofitel Sydney Wentworth continues to celebrate the art of hospitality through exceptional cuisine, curated events, and cultural partnerships.

About Sofitel

A pioneer of French luxury hospitality since 1964, Sofitel today embodies heartfelt and committed luxury with a French zest. A seamless blend of the richness of each local culture and the French joie de vivre, the brand delights travelers who appreciate delicacy and subtle refinement, offering them heartfelt and authentic service. At Sofitel, beauty is in the details: life's simple pleasures such as gastronomy and sleep are art forms for an incomparable experience.

Sofitel now boasts more than 120 hotels, all elegant and unique, in the world's most sought-after destinations. Among its most remarkable properties: Sofitel Le Scribe Paris Opera, Sofitel London St James, Sofitel Dubai The Obelisk, Sofitel Mexico City Reforma and Sofitel Ambassador Seoul. The brand also offers a selection of heritage luxury hotels under the Sofitel Legend banner, renowned for their timeless elegance and fascinating history, such as Sofitel Legend Old Cataract Aswan or Sofitel Legend Metropole Hanoi. More recently, the brand also unveiled its Sofitel Residences, redefining luxury living with prestigious properties that combine elegant design with Sofitel's renowned service and

Sophistication. Sofitel is part of Accor, a world leading hospitality group counting over 5,500 properties throughout more than 110 countries, and a participating brand in ALL - Accor Live Limitless – a lifestyle loyalty program providing access to a wide variety of rewards, services and experiences.

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Media Notes:

Images can be found in Dropbox [here](#).

Stay and Dine offer link [here](#).