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**Media Release**

**FIT TO THE CORK**

**QT SYDNEY LAUNCHES WINE PERSONAL TRAINING**

It’s time to get fit to the cork this festive season thanks to the launch of QT Sydney’s Wine Personal Training. The designer hotel’s newest bootcamp promises to keep things strictly fun, not physical, with the only heavy breathing coming from a decanted Malbec.

With a curriculum created for all levels of wine fitness, from those attending their first ~~tasting~~ training session, to seasoned sommeliers and everyone in between, QT Sydney’s Wine PT guarantees participants’ wine knowledge will be transformed in time for the party season.

Led by Head Wine Coach, Chris Morrison and Senior Bubbles Trainer, Serena Carl, the 45 minute sessions will kick off from Thursday 31st October and run every Thursday for five weeks. Attendees can enrol per class or sign up to the complete program for the ultimate transformation that will see them picking their Tuscan Chianti from their Bordeaux Merlot like a seasoned pro.

The (not so) gruelling program begins with a *Wine Fitness Assessment* in the first session, with attendees undergoing the vino equivalent of the beep test to assess their capabilities as a budding sommelier. Once the assessment is complete, guests move onto *Fizzical Therapy* to up the ante on their bubbly facts (like champagne having seven times less calories than a gin and tonic) and how to ace a blind tasting. Session three is all about *Prescription Meds*, the classical and contemporary side of Mediterranean wines, transporting guests from Spain through to Sicily.

The fourth module takes wine fitness to the next level, with the *Code Pink Boot Camp*. Guests travel from QT Sydney to the French Riviera to experience the region’s renowned rosè varietals. Finally, session five rounds out with a *Meal Plan* guests will actually want to stick to as they’re led through the 101’s of acid and tannins and why fat is your friend when it comes to food and wine matching.

QT Hotels Group Wine Director Chris Morrison said, “Just like physical fitness, everyone has to start somewhere with wine knowledge. The Wine Program that we’ve developed at QT Hotels is centred on our people helping to make selecting and drinking wine a fun, approachable and memorable experience. QT Sydney’s Wine Personal Training is a natural extension of this, delivered with our signature quirk!”

QT Sydney’s Wine PT kicks off October 31, every Thursday in Gowings Bar on level 1. Sessions run for 45minutes at 4.30pm and 5.30pm. $55 per class or $225 for the full program (five sessions)

**For more information or to book:**

Visit:https://www.qthotelsandresorts.com/sydney-cbd/eat-drink/promotions/wine-personal-training/

For more about QT Hotels & Resorts, please visit: <https://www.qthotelsandresorts.com/>

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**About QT Hotels & Resorts**

QT Hotels & Resorts is one of Australia and New Zealand’s most loved and dynamic hotel brands, the family of properties includes: QT Sydney, QT Melbourne, QT Gold Coast, QT Perth, QT Falls Creek, QT Canberra, QT Bondi, QT Wellington and QT Queenstown, with QT Auckland and QT Newcastle scheduled to open in 2020, followed by QT Parramatta and QT Adelaide in 2021.

[www.qthotelsandresorts.com.au](http://www.qthotelsandresorts.com.au)

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