



Start your day with Sunrise on the Opera House Steps

– Salute the sun with weekday yoga & fitness classes in the world’s best location –

Sydney – Wednesday 30 March 2016. From next week, the Sydney Opera House will offer people the chance to kick-start their day with an exciting new series of fitness and wellbeing classes on the Opera House steps.

The new *Sunrise on the Steps* classes are a chance to experience Australia’s most inspiring building in an entirely new way, offering Sydneysiders and tourists the chance to join Opera House staff in 60-minute yoga, High-Intensity Interval Training (HIIT) and Functional Fitness classes on the steps of the World Heritage-listed architectural masterpiece. The program runs weekdays 7am – 8am, Monday 4 April through Thursday 26 May.

The perfect way to find focus at the start of the day, *Sunrise on the Steps* is the brainchild of **Sydney Opera House CEO Louise Herron AM**, a long-time yoga and fitness enthusiast. Passionate about increasing opportunities for the community to enjoy the Opera House, Ms Herron hopes the health and wellbeing trial will give people the chance to take the magic of the Opera House and Bennelong Point into their morning.

“There’s something particularly special about the Opera House in the early hours of the morning,” Ms Herron said. “I couldn’t think of a more inspiring place to revive and reconnect with yourself and others.”

A team of highly experienced yoga and fitness instructors will lead each session. Classes will be offered for all fitness levels, an affordable price – \$22 per class (free for staff). The ticket price includes a 15% discount at Opera Bar for a takeaway coffee or a healthy harbourside breakfast.

For more information or to book tickets visit sydneyoperahouse.com/Wellbeing.

EVENT INFORMATION

WHEN: 7am – 8am, Monday April 4 – Thursday 26 May (HIIT on Monday, Yoga on Tuesday and Thursday, Functional Fitness on Wednesday and Friday)

TICKETS: \$22 per class (free to staff members)

WHERE: Top of the steps, Sydney Opera House

CLASS SIZE: 50 people per class

ADD-ONS: 15% off breakfast at Opera Bar

RETAIL: SOH wellness t-shirt on sale \$20

PARKING: Pre-book discount hourly parking from \$7 at www.bookabay.com.au. Enter promo code

WELLBEING

AGE: 16+

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For further media information, please contact:

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Sydney Opera House

The Opera House is a masterpiece that belongs to all Australians. It is the country's number one tourist destination and its busiest performing arts centre, welcoming more than 8.2 million visitors a year on site and hosting 1,900 performances attended by 1.4 million people. On its 40th Anniversary in 2013, the Opera House embarked upon a Decade of Renewal to prepare it for future generations of artists, audiences and visitors.