

Hilton Worldwide's Top Fitness Centers

Hilton Worldwide provides quality equipment, amenities and services at the fitness centers found within its portfolio of 10 brands and 3,800 hotels worldwide. These Top Fitness Centers take working out to a new level, offering exceptional facilities, beyond-the-basic equipment and fitness experts who will work to leave a lasting impression - and stronger muscles.

Boca Raton Resort & Club



Boca Raton Resort & Club, a Waldorf Astoria Resort in Florida, offers guests three fitness facilities: Cloister Fitness Center, Country Club Fitness Center and Boca Beach Club Fitness Center. The Cloister Fitness Center, encompassing more than 6,200 square feet, offers high-tech cardiovascular equipment, exercise studio, fitness classes, and personal trainers. The Country Club Fitness Center includes a full range of equipment as well as a Hydra-Fitness Circuit workout and heated Olympic size outdoor lap pool. The Boca Beach Club Fitness Center, in an inspired setting with floor-to-ceiling glass windows, enables guests to enjoy the most advanced cardiovascular and strength training systems with personal entertainment centers, water-aerobics classes and a Kinesis Wall.

For more information, visit the Boca Raton Resort & Club [website](#).

Grand Wailea



With the latest industry equipment and personal instruction, the Fitness Center at Grand Wailea, a Waldorf Astoria Resort in Maui, provides guests with the means to reach all personal goals. The 2,500-square-foot facility is equipped with both cardiovascular equipment and strength training tools. Personalized wellness programs and one-on-one fitness consultations offer the proper guidance to attain inner balance and physical strength. Guests can take exercise to the courts with a game of racquetball, squash, basketball, wallyball or handball, on one of two unique courts.

For more information, visit the Grand Wailea [website](#).

Waldorf Astoria Naples



Guests are encouraged to admire the coastal views while working out at the echo-chic styled Fitness Center at Waldorf Astoria Naples. The 8,000 square foot, 24-hour, fitness center features LifeCycles, summit climbers, treadmills and cross trainers all with integrated LCD screens, a variety of strength machinery and a full size range of dumbbells. Guests can improve their well-being and posture at a Pilate's class or stay motivated in a group circuit session or one-on-one personal training sessions. After a workout, guests are welcome to soothe and unwind in the sauna or steam room.

For more information, visit the Waldorf Astoria Naples [website](#).

Waldorf Astoria New York



The 24-hour fitness center on the fifth floor of the Waldorf Astoria New York is the perfect place for guests to maintain an exercise routine. The fitness center is loaded with the latest in exercise equipment, including treadmills, elliptical machines, bicycles, back/bicep/triceps exercise machines and multi-use weight lifting machines as well as free weights and exercise balls. Guests are encouraged to enjoy the fresh towels, water bottles, fruit and power bars provided.

For more information, visit the Waldorf Astoria New York [website](#).

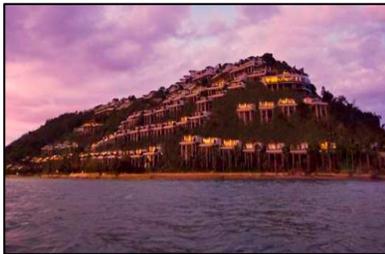
Conrad Bali



Conrad Bali offers endless fitness opportunities. Guests can enjoy group cardio sessions or use the 24-hr fitness center, featuring the latest exercise equipment, for an invigorating workout. The state-of-the-art pool complex provides the perfect serene setting for a relaxing swim. The 350-meter sandy beach also hosts numerous activities, such as beach volleyball or soccer. Professional tennis instructors also hold daily group clinics or one-on-one training classes. The Wellness Studio offers a choice of exclusive mind, body and soul therapies including yoga, meditation, Pilates, stretching and flexibility, and aerobics workouts.

For more information, visit the Conrad Bali [website](#).

Conrad Koh Samui



The Fitness Center at the Conrad Koh Samui is filled with the latest in cardiovascular and muscle-building equipment, including elliptical trainers, weight sets, and treadmills. The sauna is the perfect place for guests to soothe aching muscles, followed by a quick dip in the cold plunge pool. Yoga is offered on a beachside wooden yoga deck surrounded by the gentle whisper of waves, allowing for a relaxing, tranquil place of peace.

For more information, visit the Conrad Koh Samui [website](#).

Hilton Anatole



The Verandah Club is an upscale 80,000 square feet, private club located in the beautiful seven-acre Anatole Sculpture Park at Hilton Anatole in Dallas. The health club features a wide array of fitness amenities, from cardio and strength training equipment to group exercise classes. The facilities include a 25-meter indoor lap pool, outdoor play pool, outdoor track, full-court basketball court, tennis, racquetball and squash courts, as well as sauna and steam rooms.

For more information, visit the Hilton Anatole [website](#).

Caribe Hilton



At Caribe Hilton in San Juan, Puerto Rico guests are welcome to the comprehensive, Olas Health Club, equipped with cardiovascular equipment, treadmills, elliptical machines, upright bikes, free weights, and the latest in strength training machines. Daily fitness programs are offered by certified exercise specialists, including water aerobics, yoga, circuit training, Pilates and much more.

For more information, visit the Hilton Hotels & Resorts [website](#).

Hilton Chicago



Hilton Chicago offers state-of-the-art equipment for cardiovascular fitness and strength training. Located on the eighth floor of this downtown location, the 6,500 square foot fitness center comes stocked with free weights and cardio equipment with personalized viewing screens. Other amenities include an indoor pool, Jacuzzi, indoor running track, seasonal sundeck, and tanning bed as well as massage therapist on-site.

For more information, visit the Hilton Chicago [website](#).

Hilton Moorea Lagoon Resort and Spa



Hilton Moorea Lagoon Resort & Spa in French Polynesia features a newly renovated fitness center, located within the walls of a Tiki Hut in a modern island setting. The 24-hour complimentary fitness center features quality Precor cardio and weight equipment, air conditioning and a full tennis court.

For more information, visit the Hilton Moorea [website](#).

Hilton New Orleans Riverside



Hilton New Orleans Riverside offers top-of-the-line cardio equipment and weight and strengthening tools. Certified instructors are available to help guests create and maintain the ideal fitness regime as well as teach an extensive array of fun and motivating classes. The Health Club by Hilton also offers three USRA regulation racquetball courts, three internationally lined squash courts and seven fully air-conditioned tennis courts.

For more information, visit the Hilton New Orleans Riverside [website](#).

Hilton New York



Hilton New York offers a stunning, 8,000-square-foot fitness center that is sure to lift the spirits and relax the mind and body. At the Manhattan Hotel Fitness Center, light floods through the large skylights, featuring a breathtaking glimpse of the Manhattan skyline. Guests who come during regular business hours are able to tap into the expertise of a personal trainer or utilize the 24-hour guest access. Other amenities include cardio and entertainment equipment, men's and women's lounges, dry sauna, and a therapeutic spa menu.

For more information, visit the Hilton New York [website](#).

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