



HEALTHCLUB

Hilton  Anaheim

FOR IMMEDIATE RELEASE

MEDIA CONTACT:

Andy Keown / PR Manager

714-740-4229

andrew.keown@hilton.com

JUST IN TIME FOR NEW YEAR'S RESOLUTIONS, THE HEALTH CLUB AT HILTON ANAHEIM RE-OPENS AFTER MULTIMILLION DOLLAR MAKEOVER

Club is Among the First to Offer New "Rowbics" Indoor Rowing Classes

ANAHEIM, Calif. – January 1, 2009 – As part of the hotel's \$60-million renovation, Anaheim's newest and most upscale health club has debuted at the Hilton Anaheim and offers the area's residents and workers with the perfect place to get in shape in 2009. The **Health Club at Hilton Anaheim** is a 25,000-square-foot, full-service fitness and wellness facility with state-of-the-art equipment, an indoor swimming pool, group exercise classes and a full menu of spa services. Daily, multi-day and monthly memberships are available at reasonable rates.

The new Health Club now offers Hilton Fitness by Precor® cardio equipment with individual entertainment systems and an extensive selection of new weight training machines and free weights in a contemporary setting. High-energy group exercise classes include Spinning®, yoga, muscle conditioning and Rowbics™, which is making its Anaheim debut at this facility.

"Whether you're looking to begin a fitness regimen or just want to get off to a great start to the New Year in our renovated facility, we welcome you to join us at the Health Club at Hilton Anaheim," said Lauren Baker-Nelson, Director of Spa & Fitness for the Hilton Anaheim.

Hilton Fitness by Precor

Hilton Fitness by Precor offers the essentials for your workout: cardio with personal TV screens and headphones, free weights, water, courtesy towels and room to stretch. The new Health Club offers the latest equipment for a more personalized workout. Every Precor elliptical, treadmill and bike comes with its own TV screen, so guests can watch what they like while they work out.

Rowbics Indoor Rowing

Making its Anaheim debut at the Health Club at Hilton Anaheim, [Rowbics](#) combines the best of rowing, the highest aerobic fitness standards and advanced interactive technology to deliver a completely balanced series of isometric and traditional rowing movements that strengthen the

body's four major systems. Taught by trained instructors and set to high-energy music, Rowbics is a great way to get maximum results from a fitness routine.

Spa & Wellness Services

The Health Club's experienced spa technicians offer a full menu of services, including massage, spa facials and nails. Certified massage therapists aim to work out every knot, kink and tight spot in the body. Lie back and let their hands do the talking. All treatments include use of the fitness center for the day. Products used in facial treatments can be tailored to accommodate any skin type. All facial treatments include an intense cleansing, skin rehydration, specialized treatment, and brief neck, shoulder & scalp massage. Can't decide on just one treatment? The club offers a variety of spa packages for a total head-to-toe refresher. Health Club members receive a 15% discount on spa services.

Something for Everyone

The Health Club at Hilton Anaheim offers something for everyone with a sparkling, newly refinished indoor pool and hot tub; men's and women's locker rooms with steam rooms and complimentary towel service; indoor basketball court, perfect for a pick-up game; and available private personal training.

In addition to the 15% discount on spa services, Health Club members also receive a 15% discount, excluding alcohol, at all Hilton Anaheim food and beverage outlets, including the fashionable new Mix Restaurant & Lounge and Starbucks. Members also receive a 15% discount off our Best Available Rate (BAR) on Hilton Anaheim guestrooms.

The newly renovated Health Club at Hilton Anaheim is located on the lower lobby level of the Hilton Anaheim at 777 Convention Way, Anaheim, CA 92802. For membership details, contact Lauren Baker-Nelson or John Hrbacek at 714-740-4431. The media contact is Andy Keown at 714-740-4229.

About Hilton Anaheim

Completely renovated as of January 2009, the Hilton Anaheim is Orange County's largest hotel and its premier convention and leisure destination. With 1,572 guestrooms and 100,000 square feet of meeting space, the hotel offers the space and flexibility to accommodate almost any group or function. The hotel is conveniently located next door to the Anaheim Convention Center and a block from the Disneyland Resort, making it an excellent choice whether planning an event, attending a conference or visiting one of Anaheim's many exciting attractions. The Hilton Anaheim is owned by Newport Beach-based Makar Properties, LLC. The hotel is located at 777 Convention Way, Anaheim, California 92802. For reservations and further information, please visit our website at www.anaheim.hilton.com, our blog at www.hiltonanaheimblog.com or call (714) 750-4321.

###