



**NEW YEAR**

*New You*

## **Pedal away the pounds for points featuring Peloton Bikes**

Feel the Rush outside your guestroom as 11,000 world class studio trainers welcome you to **CRUSH IT**, over the next 100 days leading up to Hilton's 100th Anniversary. A new kind of fitness program blending technology with live on-demand studio cycling classes & Hilton Honor Points motivation – workout in Fiji from Chicago, have a little friendly HIIT competition with your colleagues in NYC and score a free trip on miles...

- C** **CHOOSE** your goal – weight, inches or toning
- R** **ROAD MAP** it out with our Director of Fitness for weekly and monthly goal thresholds
- U** **UNDERSTAND** your “why”
- S** **STATE IT** - communicate your goal to others
- H** **HELP** yourself achieve a new you in the new year
- I** **IMAGINE** yourself at one of 3,000 Hilton destinations with your rock'in new bod
- T** **TRACK** your miles in the next 100 days to earn Hilton Honor Point redemptions at Hilton Chicago Fitness Center. For each 50 miles you'll receive 100 Hilton Honors Points through the next 100 days.

**Visit the Fitness Team on the 8th floor to enroll in the New Year, New You program with fierce competition that rewards.**

**Hilton Chicago Fitness Center**  
720 SOUTH MICHIGAN AVENUE  
8TH FLOOR