

Fitness Center by PRECOR® FACT SHEET

Location: Pool Level of the Wilshire Tower (directly off the elevator landing)

Current Hours: 5:00am – 11:00pm (facility attendant on-duty 6:00am to 9:00pm and 24/7 with security assistance)

Cardio Equipment	Number of Machines
Elliptical Fitness Crosstrainer (EFX 546i)	2
Elliptical Fitness Crosstrainer (EFX 576i)	3
Upright & Recumbent Cycles (C846i)	1
Commercial Climber (C776i)	1
Commercial Low-Impact Treadmill (C966i & C956i)	8
Low & Recumbent Cycles (C846i)	2

Weight Training Equipment

Superbench (119)	3
Seated Leg Slide (602B)	1
Functional Training System	1
Back Extension (312)	1
Stretch Trainer (C240i)	1
Vertical Knee Up/Dip (702)	1
Decline Roman Chair (704)	1
Dumbbell sets (1-15 lbs pairs)	
Barbell sets (20-60 lbs)	

Personal Training & Yoga

Private personal training including yoga and pilates is available upon request for additional fee.

PRECOR USA and Hilton Hotels Corporation have teamed up to provide the finest fitness experience for traveling guests. The Beverly Hilton is the first facility *in the world* to provide access to the newest PRECOR equipment. Six other Hilton properties will open their own PRECOR fitness centers later this year.

PRECOR equipment offers intuitive displays that assist with personalized control. Workouts can be customized to any level of expertise and experience. Both the novice and exercise enthusiast will find themselves at home. While exercising, guests can enjoy personal entertainment options with headphones supplying a variety of music and MP3/CD/DVD player compatibility.

The Beverly Hilton Fitness Center also provides: Duraball Stability Balls, Lifeline Professional Exercise Tubing with Handles, Medicine balls (1kg-5kg), Bosu Ball/wobble board, and Exercise Body Bars.