

PALMERHOUSE  
A HILTON® HOTEL

**NEW YEAR**  
New You

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

**Hilton**  
HONORS

**Hilton**  
CleanStay



Feel the Rush outside your guestroom as 11,000 world class studio trainers welcome you to **CRUSH IT**. Introducing a new kind of fitness program blending technology with live on-demand studio cycling classes & Hilton Honors Bonus Point motivation – workout in Fiji from Chicago, have a little friendly HIIT competition with your colleagues in NYC and score a free trip using your Bonus Points.

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

**Palmer House Fitness Center**  
17 EAST MONROE STREET | 8TH FLOOR

- 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 to earn Hilton Honors Bonus Points at Palmer House, a Hilton Hotel Fitness Center. For each 50 miles, you’ll receive 100 Bonus Points.

Offer valid during January 1-December 31, 2022 (“Promotion Period”) at Palmer House, a Hilton Hotel. Must be a member of Hilton Honors™ to participate. You can join Hilton Honors for free by visiting HiltonHonors.com and enjoy instant benefits like free Standard Wi-Fi, the lowest price, and Points towards free nights. And, with the Hilton Honors app, you can choose your room, use your phone as your room key, and so much more. Hilton Honors members participating in the New Year, New You program will earn 50 Bonus Points per 100 miles completed during the Promotion Period. A limit of 10,000 Bonus Points may be earned during the Promotion Period per Hilton Honors member with this offer. To participate in the program and validate earned points, see the Fitness Center attendant at the Palmer House, a Hilton Hotel Fitness Center. Points must be validated at time of earning.

This offer may be terminated without notice. Bonus Points do not count toward elite tier qualification. Please allow six to eight weeks from completion of 50 mile increment achieved for Bonus Points to appear in your Hilton Honors account. A ‘50 mile increment’ is defined as the total number of miles achieved on the New Year, New You Peloton Program at Palmer House, a Hilton Hotel. Offer is not valid for employees of Hilton and cannot be combined with other select offers. In-Room Internet Access, Fitness Center/Health Club Access and Bottled Water benefits may not be complimentary at properties with a resort charge. Space-available upgrades only available at select brands. Elite status benefits are subject to availability and vary by brand. For more information, please visit HiltonHonors.com.

Hilton Honors™ membership, including the earning and redemption of Points, is subject to Hilton Honors Terms and Conditions.

The fulfillment of this offer and its respective terms, conditions, and restrictions are the sole responsibility of Hilton.