



## HILTON WASHINGTON

1919 Connecticut Avenue, NW  
Washington, DC 20009  
1-800-HILTONS  
Ph: (202) 483-3000  
Fax: (202) 797-5825  
www.Washington.Hilton.com



## HILTON WASHINGTON SPORT & HEALTH CLUB

**Washington Hilton  
Sport & Health Club**  
1919 Connecticut Avenue, N.W.  
Washington, DC 20009

**Telephone:** 202-483-4100  
**Fax:** 202-797-5829

**General Manager:**  
Ali Ipbuken

**Hours:**  
Monday-Friday, 6am-10pm  
Saturday & Sunday, 7am-8pm

**Guest fees:**  
\$10.00/adult  
\$5.00/child  
Different offer applies for hotel  
guests.



our outdoor, Olympic-style swimming pool



We offer 3 Har-tru tennis courts

**By Metro:** Take the red line to the Dupont Circle Stop. Take Q Street exit. Once outside of Metro, cross Connecticut Avenue and take Q St. to 19th Street. Walk north on 19th Street to the Washington Hilton, which will be on your left.

### Services and Facilities

- Newly expanded fitness center
- New treadmills, Lifecycles & Elliptical Crosstrainers
- New Life Fitness Strength Training
- New Televisions on all Cardio Equipment
- Upgraded massage rooms
- Full line of cardio equipment
- Free weights & circuit strength training
- Personal Training
- Group exercise classes
  - Stretch
  - Sculpt
  - Circuit Training
  - Core Conditioning
  - Yoga
  - Pilates
- 3 outdoor clay tennis courts (Reservations required)
- Fees: \$4/hour tennis members, \$20/hr non-tennis members
- Tennis lessons available
- 25 yard outdoor heated swimming pool
- Swimming lessons available
- Steam room, men's & women's
- Separate men's/women's locker rooms w/showers
- Free towel service
- Massage by appointment only
- Pro shop