

HEALTH CLUB

AT SHANGRI-LA BANGKOK



The Ultimate Fitness Experience with the majestic views of the Chao Phraya River

Health Club at Shangri-La Bangkok offers a quality gym with state-of-the-art fitness equipment, complemented by a sprung floor for your utmost safety and comfort.

- ✓ Over 8,500 square feet of gym space and changing room facilities
- ✓ Complete facilities with a sauna, steam and whirlpool for your relaxation
- ✓ High quality shower, grooming amenities and towel service
- ✓ Magnetic lock system for individual lockers
- ✓ Quarterly social membership and sport activities
- ✓ Personalised quarterly fitness assessment
- ✓ A variety of group fitness classes
- ✓ Access to two tropical-style swimming pools facing to the stunning Chao Phraya River
- ✓ Up to four hours of complimentary parking
- ✓ Unsurpassed five-star service, with a focus on active fun and driven towards each member's fitness and health goals
- ✓ All Health Club members are entitled to the following benefits:
 - 25% discount on laundry services
 - 20% discount at all restaurants of Shangri-La Bangkok, excluding Chocolate Boutique
 - 30% discount on a la carte treatment at Chi, The Spa
 - 10% discount on personal training package
 - 10% discount on spa retail products at Chi, The Spa and Health Club

Shangri-La Bangkok 89 Soi Wat Suan Plu, New Road, Bangrak, Bangkok 10500 www.shangri-la.com/bangkok

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Health Club Membership Rates

THB

Annual Executive Individual	56,000
Annual Couple	89,000
Annual Off-peak	34,000
Six Months	31,400
Three Months	20,750
One Month	8,800
Two Weeks	6,200
One-Day Pass	800
Tennis Annual Individual	25,000

Privileges for Annual Members

- One-night stay in a Deluxe River View Room inclusive of breakfast for 2 persons
- Complimentary one buffet dinner on Friday or Saturday night for 2 persons
- Complimentary laundry of gym attire of 30 pcs per month
- Complimentary energy booster drink at Lobby Lounge at 2 times per month
- Complimentary one-day guest pass – 3 vouchers
- Complimentary one-hour personal training session – 3 vouchers
- Complimentary 60-minute body massage at Chi, The Spa – 12 vouchers

Privileges for Tennis Annual Members

- Complimentary day pass for tennis court and locker facilities – 10 vouchers
- Complimentary tennis clinic session – 3 times per membership
- Complimentary 90-minute body massage at Chi, The Spa – 2 vouchers



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Personal Training Package 2024

	THB	Validity
1 hour	1,350	
5 hours	6,000 (average 1,200 per hour)	1 month
10 hours	10,500 (average 1,050 per hour)	2 months
20 hours	18,000 (average 900 per hour)	4 months
30 hours	22,500 (average 750 per hour)	5 months

For enquiries, please contact our Health Club at 0 2236 7777 ext. 6751
email: healthclub.slbk@shangri-la.com

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