

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:
 - 20% discount on laundry services
 - 20% discount at all restaurants of Shangri-La Bangkok, excluding Chocolate Boutique
 - 20% discount on a la carte treatment at Chi, The Spa

Health Club Membership Rates

THB

Annual Executive Individual	62,900
Wellness and Lifestyle	42,000
Annual Off-peak	34,000
Six Months	30,000
Three Months	19,000
One Month	8,500
Two Weeks	5,000
One-Day Pass (All areas, except tennis court)	800
One-Day Pass for kids aged 6-12 years old	400

Privileges for Annual Members

(valued at THB 101,245)

- One-night stay in a Deluxe River View Room inclusive of breakfast for 2 persons
- Complimentary laundry of gym attire of 30 pcs per month
- Complimentary energy drink or coffee at Lobby Lounge at 2 times per month
- Complimentary one-hour personal training session - 4 vouchers
- Complimentary 60-minute body massage at Chi, The Spa - 2 vouchers
- Complimentary one-day guest pass – 4 vouchers
- Complimentary tennis court rental – 4 vouchers
- Complimentary tennis hitting partner – 4 vouchers
- 10% discount on personal training session and tennis court rental

Privileges for Wellness and Lifestyle Members

(valued at THB 53,120)

- Complimentary one-day guest pass – 4 vouchers
- Complimentary laundry of gym attire of 15 pcs per month
- Complimentary energy drink or coffee at Lobby Lounge at 1 time per month
- Complimentary tennis court rental – 4 vouchers
- Complimentary tennis hitting partner – 4 vouchers
- Complimentary one-hour personal training session – 4 vouchers
- 50% discount on one-day guest pass – 4 vouchers
- 40% discount on à la carte body massage at Chi, The Spa – 4 vouchers
- 30% discount on à la carte facial treatment at Chi, The Spa – 4 vouchers
- 10% discount on personal training session and tennis court rental





Personal Training Package 2025

	THB	Validity
1 hour	2,000	
5 hours	9,500 (average 1,900 per hour)	1 month
10 hours	17,000 (average 1,700 per hour)	2 months
20 hours	32,000 (average 1,600 per hour)	4 months
30 hours	45,000 (average 1,500 per hour)	6 months

Tennis Program

	THB
Private lesson	2,500 per hour
Tennis hitting partner	2,000 per hour
Tennis court rental between 6am and 6pm	1,500 per hour maximum 4 persons per court
Tennis court rental between 6pm and 9pm	1,800 per hour maximum 4 persons per court



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