

✓MORROW Recover. Reset. Get Back Into the City.



Recharge during race weekend with a curated recovery experience add-on at MORROW, created exclusively for guests staying at Grand Park City Hall.

Connected directly at the hotel reception, **Race City Reset** brings together movement, recovery and restorative experiences in one easy package.

YOUR RESET INCLUDES

MORROW Day Pass

Access to mat Pilates, yoga, gym, and the Renewal Zone:



Lymphatic Compression
30 MIN



Red Light Therapy
20 MIN



Massage
60 MIN

Available exclusively to Grand Park City Hall guests.

Valid till 31 October 2026.

BOOK THROUGH HOTEL RECEPTION

MORROW

10 Coleman Street, #02-01
Singapore 179809

MORROW is located on the second floor of Grand Park City Hall Hotel.

Advance booking required.
Subject to availability.

MORROW

Know Your Performance. Reset. Recover.

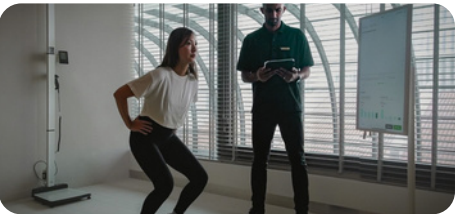


Make movement and recovery part of your race weekend with Race City Performance, an experience add-on at MORROW, created exclusively for guests staying at Grand Park City Hall.

Connected directly at the hotel reception, Race City Performance brings together movement, recovery, and a personalised strength and power assessment in one package.

PERFORMANCE PACKAGE

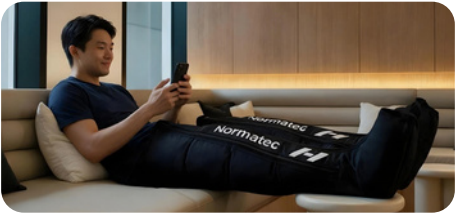
MORROW Day Pass | **3 passes** | Access to mat Pilates, yoga, gym and the Renewal Zone.



Strength and Power Assessment **1 session**
Understand your strength, lower-body power, and left-right balance through three tests led by an exercise scientist. Receive a personalised report and practical recommendations.



Massage **2 × 60 min**
Choose from Clarity Reset, Deep Sleep, or Sports Recovery Massage.



Lymphatic Compression **3 × 30 min**



Red Light Therapy **2 × 20 min**

Available exclusively to Grand Park City Hall guests.

Valid till 31 October 2026.

BOOK THROUGH HOTEL RECEPTION

MORROW MEDICAL
10 Coleman Street, #03-01, #02-01
Longevity World, Singapore 179809

MORROW is located on the second floor of Grand Park City Hall Hotel.

Advance booking required. Subject to availability.

*All healthcare services are provided by Longevity & Lifestyle Medical Pte. Ltd., which operates under the brand "MORROW Medical", and is licensed by the Ministry of Health under the Healthcare Services Act 2020 (Licence Number: L/25M0780/MDS/001/252). MORROW Medical is part of the MORROW group that includes MORROW Health Pte. Ltd., which operates under the brand "MORROW".