



# GHAYA WELLNESS CLUB

# Recreation & Spa Operation Timing

## GHAYA SPA TIMING

Spa Operation Timing	@ 7am - 10pm
Spa Treatment Timing	@ 10am - 9pm
Location	@ Podium Floor(P)

## SPA FACILITIES TIMING

Steam & Sauna	@ 7am – 9 pm.
Jacuzzi	@ 7am - 9pm.
Separates Spa Facilities for Male & Female	

## FITNESS CLUB TIMING

Operation Timing	7am to 10pm Hrs.
Supervised Timing	@ 7am - 10pm
Location	@ Podium Floor

## RECREATIONS FACILITIES @ 7am-9pm

Tennis Court

Kids Play area

## Other Facilities

Shower Area for Male & Female

Sun bed : 59 pcs

## Amenities Service in the pool

Cold Towels

## SWIMMING POOL TIMING

Operation Timing	@ 6am - 9pm
Length	@ 16.3 Mts.
Width	@ 10.2Mts.
Depth	@ 1.2Mts. - 1.8Mts.
Pool Temp.	28 to 30 Degrees



# GHAYA SPA MENU

## TREATMENTS

Fitness Massage

1 hr. 20 Mins.

455

Swedish Massage

50 Mins./1 hr. 20 Mins.

269/379

Aromatherapy Massage

50 Mins./1 hr. 20 Mins

319/419

Hot-stone Massage

1 hr. 20 Mins

419

Jet lag Massage

1 hr. 20 Mins

419

Balinese Massage

50 Mins./1 hr. 20 Mins

319/419

Back Treatment

50 Mins

319

## FACIALS

Signature Ghaya Spa

70mins/all skin type

455

Deep Cleanse Facial

Express Facial

30mins

255

## Short Treatments

Foot Massage

30mins

149

Scalp Revitalizer

30mins

149

Tension Relief Massage

30mins

199





## OUR MASSAGE PACKAGES

**Package 1-899 AED**

(5 massages for 50 minutes)

**Package 3--1499 AED**

(10 massages for 50 minutes)

**Package 2--1,099 AED**

(5 massages for 80 minutes)

**Package 4--1,999 AED**

(10 massages for 80 minutes)

# FITNESS MENU

## KING OF SIX – ABS      **AED 165**

- Warm Up Session      10 mins
- Abs Training Session      40 mins

## POWER PACK SESSION      **AED 185**

- Weight Training Session      60 mins
- Stretching Session      15 mins

## CURB THE FLAB      **AED 200**

- Cardio Session      35 mins
- Weight Training Session      35 mins
- Stretching Session      10 mins

## BODY TONING – PERSONAL TRAINING

5 Days Personal Training      **750 AED**

## AGE NO BAR      **165 AED**

- Cardio Session      25 mins
- Weight Training Session      35 mins
- Stretching Session      10 mins

FITNESS CENTER TIMING : 24 Hours  
SUPERVISED TIMING      7 am to 10 pm

## FLEX & STRETCH      **AED 150**

- Stretching Session      45 mins



# Fitness Machines

## Strength Machines

- Leg Extension
- Leg Press
- Leg Curl
- Pectoral Press
- Deltoid Press
- Lat Pulldown
- Smith Machine
- Adjustable Bench
- Hyperextension Machine
- Lower Back Machine
- Abdominal Crunch
- Low Rowing Machine
- Free weights Dumbbells



## Cardio Machines

- Treadmill : 03
- Excite Elliptical : 02
- Incline Bike : 01
- Elliptical Cross Machine : 01
- Cycling : 02
- Rower Machine : 01



# GHAYA WELLNESS CLUB KICK BOXING CLASSES SCHEDULE

<u>TIME</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
5 PM - 6 PM 6 yrs - 11 yrs		<b>KICK BOXING</b>		<b>KICK BOXING</b>	<b>MUAY THAI</b>
6 PM - 7 PM 12 yrs - 17 yrs		<b>KICK BOXING</b>		<b>MUAY THAI</b>	<b>KICK BOXING</b>
7 PM - 8 PM ADULTS	<b>MUAY THAI</b>	<b>BOXING FITNESS</b>	<b>BOX FIT</b>		<b>MUAY THAI</b>
8 PM - 9 PM ADULTS	<b>BOX FIT</b>	<b>KICK BOXING</b>	<b>MUAY THAI</b>	<b>KICK BOXING</b>	<b>KICK BOXING</b>

## ADULTS

1 Month: 500 AED  
 3 Months: 1260 AED (420AED/session)  
 6 Months: 2040 AED (340 AED/session)  
 12 Months: 3120 AED (260 AED/session)  
 ) AED 75 / Person



## KIDS

1 Month: 450 AED  
 3 Months: 1150 AED (380AED/session)  
 6 Months: 1800 AED (300 AED/session)  
 12 Months: 2600 AED (216 AED/session)  
 AED 50 / Person)

# CORPORATE MEMBERSHIP

	Annual		Half Year		Monthly		Day Use Walk In Guest	
Category	All Days	Week days	All Days	Weekdays	All Days	Weekda ys	All Days	Week days
Individual	2,600.00 AED	1,933.00 AED	1,666.00 AED	1,333.00 AED	526.00 AED	393.00 AED	50.00 AED	60.00 AED
Couple	4,600.00 AED	3,266.00 AED	3,900.00 AED	2,600.00 AED	800.00 AED	666.00 AED	-	-
Family	5,933.00 AED	5,266.00 AED	5,900.00 AED	3,933.00 AED	1,933.00 AED	1,666.00 AED	-	-
Kids	-	-	-	-	-		35.00 AED	50.00 AED

All day - All days of the week ( 6 am to 10 pm )

Weekdays - Sunday to Thursday ( 6 am to 10 pm )

## Terms & Conditions

- Membership is non transferable
- Membership fee is non refundable

Corporate rates are valid when 5 or more people from the same company join together.

Company IDs must be submitted to avail this rate.

Company may purchase membership packs for their employees as a staff incentive.



# DAYLIGHT MEMBERSHIP

	Annual		Half Year		Monthly	
Category	All Days	Weekdays	All Days	Weekdays	All Days	Weekdays
Individual	1,950.00 AED	1,450.00 AED	1,250.00 AED	1,000.00 AED	395.00 AED	295.00 AED
Couple	3,450.00 AED	2,450.00 AED	1,950.00 AED	1,700.00 AED	600.00 AED	500.00 AED

All day - All days of the week ( 9am to 5 pm )

Weekdays - Sunday to Thursday ( 9 am to 5 pm )

## Terms & Conditions

- Membership is non transferable
- Membership fee is non refundable

## For Annual Membership Additional Benefits:

Special offer Room Rate at GHAYA GRAND HOTEL (Subject to Availability)

- 20% off on Food and Non Alcoholic beverages.
- Complimentary personal locker per visit.
- 20% discount on Spa treatment (Subject to Availability)
- 20% discount on day use guest

# REGULAR MEMBERSHIP

	Annual		Half Year		Monthly		Day Use Walk In Guest	
Category	All Days	Weekdays	All Days	Weekdays	All Days	Weekdays	Weekdays	Weekend Fri & Sat
<b>Individual</b>	3,900.00 AED	2,900.00 AED	2,500.00 AED	2,000.00 AED	790.00 AED	590.00 AED	75.00 AED	90.00 AED
<b>Couple</b>	6,900.00 AED	4,900.00 AED	3,900.00 AED	3,400.00 AED	1,200.00 AED	1,000.00 AED	-	-
<b>Family</b>	8,900.00 AED	7,900.00 AED	5,900.00 AED	4,900.00 AED	2,900.00 AED	2,500.00 AED	-	-
<b>Kids</b>	-	-	-	-	-	-	50.00 AED	75.00 AED

All day - All days of the week ( 6 am to 10 pm )

Weekdays - Sunday to Thursday ( 6 am to 10 pm )

Terms & Conditions

- Membership is non transferable
- Membership fee is non refundable

For Annual Membership Additional Benefits:

Special offer Room Rate at GHAYA GRAND HOTEL (Subject to Availability)

- Two Guest Vouchers for the day use access of the Pool, Gym & Spa
- 20% discount on Spa treatment (Subject to Availability)
- Four Personal Training Sessions with our Personal Trainer
- Two Personal Swimming Lessons.
- 20% discount on day use guest