

MEMBERSHIP	PER PERSON				
MEMBERSHIP	Annual	6 Months	3 Months	I Month	Week
INDIVIDUAL	45,000	25,000	15,000	5,500	1,500
YOUR SAVINGS	33,000	14,000	4,500	1,000	

PRIVATE CLASSES
PERSONAL TRAINER
PRIVATE MUAYTHAI
PRIVATE AEROBIC
PRIVATE YOGA
SWIMMING COACHING

GROUP CLASSES	2 PERSONS (PER HOUR)	3 OR MORE PERSONS (PER HOUR)	
PERSONAL TRAINER			
MUAYTHAI			
AEROBIC	750 per person	500 per person	
YOGA			
SWIMMING COACHING			

Above prices are nett including tax and service charge.

Visitors invited by members / Chatrium residents: THB 600 nett per person per visit

SERVICE AND FACILITIES

- · A complete range of cardiovascular machines
- · Individual TV attached to each cardiovascular machine
- · Professional health & fitness trainer to assist you with all your needs
- · Strength training equipment
- Full and varied aerobic program, e.g., aerobic dance, Muay Thai boxing, yoga
- · Independent male & female sauna & steam Rooms
- · Locker facilities, including showers
- · Outdoor free-form swimming pool
- · 15% of food and beverage and rooms

OPERATING HOURS

Daily from 06:00 - 22:00 hours

For more information please contact Khun Yutthapong 'Nueng' Samansee, Fitness & Recreation Manager at +66 91 120 1822 or fitness.crst@chatrium.com

