

///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.

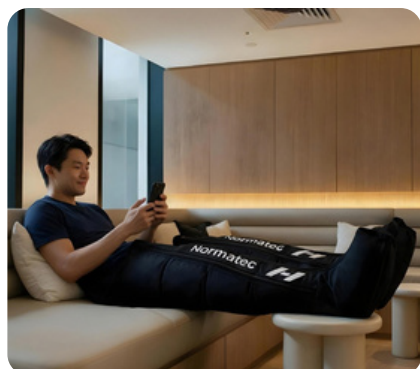
Connected directly at the hotel reception, **Race City Reset** brings together movement, recovery and restorative experiences in one easy package.

YOUR RESET INCLUDES SGD 446 per guest

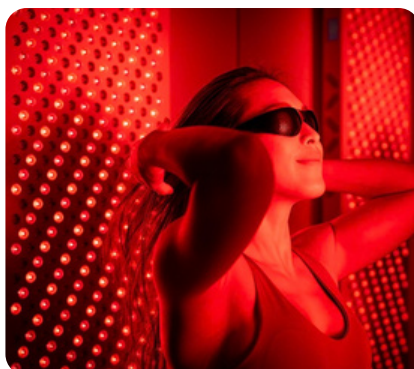
MORROW Day Pass

Available 7:00 a.m.–9:00 p.m. daily

Access to mat Pilates, yoga, gym and the Renewal Zone, including immersion pools, thermal suites and experiential showers.



Lymphatic Compression
30 min



Red Light Therapy
20 min



Massage
60 min

Available exclusively to Grand Park City Hall guests.

BOOK THROUGH HOTEL RECEPTION

Valid till 31 October 2026.

Your day pass can be used before hotel check-in. Pay for your package at the Grand Park City Hall reception and present your payment invoice at MORROW for redemption.

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.

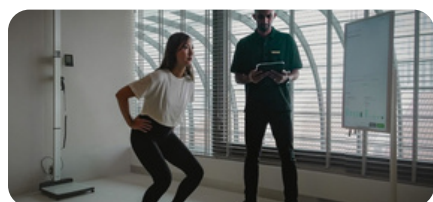
PERFORMANCE PACKAGE SGD 1,319 per guest

MORROW Day Pass

3 passes

MORROW Welcome Pack

Access to mat Pilates, yoga, gym and the Renewal Zone, including immersion pools, thermal suites and experiential showers. Available 7:00 a.m.–9:00 p.m. daily



Strength and Power Assessment

1 session

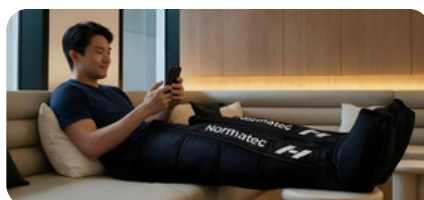
Understand your strength, lower-body power, and left-right balance through three tests led by an exercise scientist. Receive a personalised report and practical recommendations.



Massage

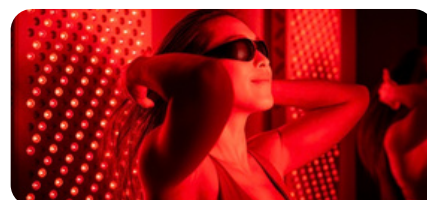
2 × 60 min

Choose from Clarity Reset, Deep Sleep, or Sports Recovery Massage.



Lymphatic Compression

3 × 30 min



Red Light Therapy

2 × 20 min

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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".
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