

Rules & Regulations:

- Membership card cannot be lent, borrowed, or transferred to any other person.
- Any member allowing another person to use his/her card will have his/her membership cancelled without refund.
- Loss of the membership card should be notified to the health club management immediately.
- The health club will not be responsible or liable for any lost articles or valuables, or for accidents, which occur while using the facilities.
- The health club will not be able to refund any fees or portion of fees if a member wishes to terminate his/her membership or is unable to fully utilize the facilities.
- Maisha guests will not be allowed to bring outside food or beverage to the health club or to the pool.
- Smoking is not allowed inside the health club.
- Pets are not allowed.
- For spa treatment, we recommend that you arrive 30 minutes prior to your scheduled time in order to relax, settle in and prepare for your appointment.
- Appointment is subject to our cancellation policy.
- When using or visiting the health club facilities, Maisha guests are required to wear appropriate sports apparel.
- Maisha guests are not allowed into the hotel's public areas in bathing suits or with bare feet.
- Maisha guests will be held responsible for any damages or loss incurred to the equipment or facility by them.
- Shower must be taken before using the pool.
- Persons with cold, open lesions, wounds, or rashes will not be admitted to the pool.
- Running around the poolside or ball games is not permitted.
- Diving is not permitted in the swimming pool.
- Children under 16 years of age are not allowed to enter the Maisha gym, spa area, swimming pool and health club facilities.
- Unaccompanied children are not allowed by or in the pool.
- Opening and closing hours for the health club facilities will be established by hotel management. The management reserves the right to alter or change the timings.
- Our ladies gym operates daily from 6:00am to 4:00pm, however female members may use the mix gym till 10:00pm.
- Maisha guests are not allowed to use mobile phones/tablets inside the health club or by the pool.
- Photography or Videography is prohibited. Guests/members are requested for it's strict compliance. (Non-compliance to this may lead to discontinuation of membership).

Upgrading the membership:

- Membership can be upgraded only within the first month.
- Single membership can be changed to couple membership by paying the difference between rates of the two. The new membership will be effective from the date the single membership was acquired.

Freezing the membership policy:

- Maisha Health Club offers its members the facility to temporarily suspend, or "freeze" their active membership.
- Active membership can be placed on freeze by the member twice per a single enrollment, from a minimum of one month up to six months in total.
- During the membership freeze period, members are not permitted to use the facility; otherwise the freeze period will be cancelled, and the full period will be counted as active.
- Members cannot freeze their membership prior to sending a written notice to the health club stating their intention to freeze the membership along with the starting date and ending date after freezing.
- Members must complete all necessary information and include their email address so that the health club may send them a confirmation receipt.
- Any member not abiding by the rules and regulations will have their membership cancelled and health club membership committee reserves the right to cancel the membership without assigning any reason.
- The health club reserves the right to add, amend or delete any of the aforementioned rules without prior notice.
- The health club membership committee reserves the right to accept/reject any application for membership without assigning any reason.

“Join the Haven of Serenity”



Maisha Spa
Price List



Maisha Spa
Promotion



Fitness and
Wellness



Membership
Application



Islamabad Serena Hotel | Khayaban-e-Suhrawardy, Islamabad, Pakistan
UAN: 111-133-133, Ext 5249 | 051-2005249 | [instagram.com/maishaspaandhealthclub](https://www.instagram.com/maishaspaandhealthclub)
[facebook.com/MaishaSpaHealthClub](https://www.facebook.com/MaishaSpaHealthClub) | www.serenahotels.com

Member's Information:

Membership No: _____

Full Name: _____

CNIC / Passport No: _____

Date of Birth: _____

Marital Status: _____

Residential Address: _____

City: _____

Province: _____

Country: _____

Company Name: _____

Position: _____

Office Address: _____

Phone: _____

Email: _____

Membership Type:

Gold ☐ Single ☐ Couple

Silver ☐ Single ☐ Couple

Rawal Swimming Pool ☐ Single ☐ Couple

Payment Details:
(Copy of CNIC / Passport / Picture / Covid Certificate and Business Card is required to process the member-)

Mode of Payment: ☐ Cash ☐ Credit Card ☐ Cheque ☐ Credit Card ☐ Amex ☐ Master Card ☐ Visa

Name on Card:

The full amount of Rs. _____, has been paid as membership fee.
 I have read, understood and agree to abide by the rules and regulations
 Date: _____ Signature: _____

*I agree to Serena Hotels ("Hotel") collecting, using disclosing, processing, storing, sharing and transferring my personal data in terms of the Hotel's Privacy Policy, copy of which is available at the reception desk or which can be viewed at:
<http://www.serenahotels.com/en/privacy-and-policy.html>*

<p>Supplementary Card (s) Information:</p> <p>(Copy of CNIC / Passport / Picture is required to process the membership)</p> <p>Full Name _____</p> <p>CNIC / Passport No _____</p> <p>Date of Birth _____</p> <p>Phone No _____</p> <p>Additional Comments: _____</p> <p>_____</p> <p>_____</p>	<p>Office Use Only:</p> <p>Mode of Payment: Cash <input type="checkbox"/> Credit Card <input type="checkbox"/> Cheque <input type="checkbox"/></p> <p>Spa Director's Name: _____</p> <p>Spa Director's Signature: _____</p> <p>Receipt No: _____</p> <p>General Manager Signature: _____</p> <p>Remarks: _____</p> <p>_____</p> <p>_____</p>
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