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 & Health Club

Maisha Spa Price List

Maisha Spa Promotion

Fitness and Wellness

Membership Application

ISLAMABAD SERENA HOTEL

THE LEADING HOTELS OF THE WORLD

WORLD LUXURY SPA AWARDS WINNER 2022

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

Gold Membership

Single: Rs. 410,000/year

Couple: *(Husband & wife only)* Rs. 610,000/year

Benefits:
Entitlement to bring two guests at any time (daily rate applies)

Discounts:

Retail Products	20 %
Aerobic & Yoga Classes	20 %
Hair Salon	20 %
Spa Treatments	20 %
Personal Training	20 %
Pool Bar Menu	20 %
Published room rates at Islamabad Serena Hotel	20 %

Terms & Conditions
- Daily charge per guest: Rs. 12,000
- Entitles the holder to full use of all health club facilities at any time between 6:00 am till 10:00 pm daily
- Entitles the holder only to get the above discounts.

Silver Membership

Single: Rs. 360,000/year

Couple: *(Husband & wife only)* Rs. 550,000/year

Benefits:
Entitlement to bring two guests at any time(daily rate applies)

Discounts:

Retail Products	
Aerobic & Yoga Classes	15 %
Hair Salon	15 %
Spa Treatments	15 %
Personal Training	15 %
Pool Bar Menu	15 %
Published room rates at Islamabad Serena Hotel	15 %
	15 %

Terms & Conditions
- Daily charge per guest: Rs. 12,000
- Entitles the holder to full use of all health club facilities at any time between 6:00 am till 04:00 pm daily
- A day rate of 5,000 will be applied for using Maisha's facilities after 4:00 pm
- Entitles the holder only to get the above discounts.

Rawal Swimming Pool

Single: Rs. 380,000/year

Couple: *(Husband, wife & two kids below 16 years only)* Rs. 580,000/year

Benefits:
Entitlement to bring two guests at any time(daily rate applies)

Discounts:

Retail Products	
Aerobic & Yoga Classes	15 %
Hair Salon	15 %
Spa Treatments	15 %
Personal Training	15 %
Pool Bar Menu	15 %
Published room rates at Islamabad Serena Hotel	15 %
	15 %

Terms & Conditions
- Daily charge per guest: Rs. 10,000
- Entitles the holder to full use of Rawal Swimming Pool facilities at any time between 6:00 am till 10:00 pm daily
- Entitles the holder only to get the above discounts.

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

Supplementary Card (s) Information:

(Copy of CNIC / Passport / Picture is required to process the membership)

Full Name _____

CNIC / Passport No _____

Date of Birth _____

Phone No _____

Additional Comments: _____

_____

_____

Office Use Only:

Mode of Payment: Cash ☐ Credit Card ☐ Cheque ☐

Spa Director's Name: _____

Spa Director's Signature: _____

Receipt No: _____

General Manager Signature: _____

Remarks: _____

_____

_____