



Lifestyle Memberships at The Palace -The Old Town

Lifestyle Memberships at The Palace - The Old Town are focused on taking a holistic approach to health and wellness by providing all the benefits of a regular fitness membership and enhancing it with wellness programs and privileges to suit your active lifestyle.

Begin your day with an energizing Stretch Class or an Aqua Stretch Class. Continue with a personalized weight-loss program designed for you by our professional fitness instructor or a Detox program to remove unwanted toxins and finally finish off with a rejuvenating massage at our Spa.

Lifestyle Membership Privileges

A SINGLE MEMBERSHIP	2 Complimentary Day Passes per month
	1 Complimentary Oriental Hammam Scrub for 1 & 3 month memberships
	1 Complimentary Detoxifying Wrap for 6 & 12 month memberships
	1 Complimentary Personal Training session per month
	1 Complimentary Perfect Figure Slimming Session
	1 Complimentary Afternoon Tea in Al Bayt
COUPLES MEMBERSHIP	4 Complimentary Day Passes per month
	2 Complimentary Oriental Hammam Scrubs for 1 & 3 month memberships
	2 Complimentary Detoxifying Wraps for 6 & 12 month memberships
	2 Complimentary Personal Training sessions per month
	2 Complimentary Perfect Figure Slimming Sessions
	1 Complimentary Afternoon Tea for 2 in Al Bayt
CORPORATE MEMBERSHIPS	1 Complimentary Day Pass per month
	1 Complimentary 30-minute Massage per person for 3 month memberships;
	Corporate Memberships are fully transferable



Embrace the tranquility of the Orient

Complimentary Inclusions for the Lifestyle Membership:

- No initial joining fee
- Centrally located in Downtown Dubai
- Complimentary Valet Parking
- Complimentary Wifi access in the gym
- 1 Complimentary Personal Training session per month
- 1 Complimentary Body Composition Analysis and advise on detoxification programs
- 1 Complimentary Skin Analysis and Skin Consultation with a professional Spa Therapist
- Complimentary access to the Oriental Bathhouse facilities like Steam room, Jacuzzi, Rejuvenation lounge.
- iPods are available for personal use
- Personalized Fitness Programs including Nutritional Guidelines
- Exclusive Monthly Promotions

Further discounts

- 20% discount on all Spa treatments
- 15% discounted all restaurants within The Palace-The Old Town
- 15% Discount on Personal Training
- Introductory Fitness Program

Operating hours:

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| • Changing Room facilities | 7:00am - 10:00pm |
| • Spa Facilities & Treatments | 9:00am - 10:00pm |
| • Outdoor Pool | 7:00am - 10:00pm |
| • Fitness Centre | 24 hours* |

*Terms and Conditions apply

We look forward to welcoming you to The Spa at The Palace - The Old Town
Don't delay; book your free trial session today!



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