

## OPENING HOURS



---

Health Club Gymnasium	6am – 10pm
-----------------------	------------

---

Health Club Steam / Sauna / Indoor Jacuzzi	7am – 9pm
---	-----------

---

Outdoor Swimming Pool and Jacuzzi	6am – 8pm
--------------------------------------	-----------

---

Flood-Lit Tennis Court	7am – 10pm
------------------------	------------

---

## RULES AND REGULATIONS

1. The Gymnasium is reserved for the use of the stay-in guests of Hotel, Serviced Apartments, Serviced Residents, and Fitness Centre Members.
2. Anyone under the age of 16 years old is not allowed in the gymnasium.
3. Smoking is strictly prohibited in the gymnasium.
4. Proper sports attire (e.g., exercise shorts, T-shirts, and sports shoes) should be worn at all times.
5. To ensure safety in the gymnasium, footwear must be worn at all times.
6. Removal of shirts is not permitted in the gymnasium.
7. Consumption of food and beverages in the gymnasium is not allowed.
8. Please use disinfectant wipes or sprays provided by the gymnasium to clean the equipment thoroughly after each use.
9. Due care must be exercised when using the equipment in the gymnasium and returned to their original position after used.
10. Please return the weights to the designated racks after each use.
11. The Management accepts no responsibility and/or liability arising from injuries or loss of properties while using the facilities within the gymnasium.



Health Club



SHANGRI-LA  
SINGAPORE

22 Orange Grove Road, Singapore 258350 Tel: (65) 6213 4070  
Website: [www.shangri-la.com](http://www.shangri-la.com) | Email: [slshealth.club@shangri-la.com](mailto:slshealth.club@shangri-la.com)



## MEMBERSHIP

**Fitness Access: SGD 2500<sup>++</sup> / per person**

- Access to the Health Club gym and locker rooms (Health Club from 6am to 10pm).
- Access to the sauna, steam room, and jacuzzi (7am to 9pm).
- 15% discount on all Chi, The Spa treatments.
- 10% discount on Chi, The Spa retail items.
- 10% discount on food items in hotel's dining establishments\* (for up to 6 pax).
- Terms and conditions apply.

**Tennis Access: SGD 2800<sup>++</sup> / per person**

- Access to the Health Club gym and locker rooms (Health Club from 6am to 10pm).
- Access to the sauna, steam room, and jacuzzi (7am to 9pm).
- Access to the tennis court (7am to 10pm).
- 15% discount on all Chi, The Spa treatments.
- 10% discount on Chi, The Spa retail items.
- 10% discount on food items in hotel's dining establishments\* (for up to 6 pax).
- Terms and conditions apply.

**Aqua Access: SGD 3000<sup>++</sup> / per person**

- Access to the Health Club gym and locker rooms (Health Club from 6am to 10pm).
- Access to the sauna, steam room, and jacuzzi (7am to 9pm).
- Access to the pool (6am to 8pm).
- 15% discount on all Chi, The Spa treatments.
- 10% discount on Chi, The Spa retail items.
- 10% discount on food items in hotel's dining establishments\* (for up to 6 pax).
- Terms and conditions apply.

## MEMBERSHIP

**Executive Membership: SGD 3300<sup>++</sup> / per person**

- Full access to all Health Club facilities, including the gym, locker rooms, and wellness amenities (Health Club from 6am to 10pm).
- Access to the sauna, steam room, and jacuzzi (7am to 9pm).
- Access to the pool (6am to 8pm).
- Access to the tennis court (7am to 10pm).
- Complimentary season parking.
- 15% discount on all Chi, The Spa treatments.
- 10% discount on Chi, The Spa retail items.
- 10% discount on food items in hotel's dining establishments\* (for up to 6 pax).
- Terms and conditions apply.



\* Prices are subject to 10% service charge and prevailing government taxes.  
\* Not applicable for Zeniya and Shophouse.

## OUR FACILITIES



### In The Gymnasium

Stretch / AB zone  
Cardio section – AV  
Strength Training area  
State-of-the-art equipment

### Free-form Outdoor Pool

1 metre to 2.5 metres deep

### Flood-Lit Tennis Courts

2 synthetic grass courts

### In The Changing Room

Steam room  
Sauna  
Heated Jacuzzi  
Relaxation lounge  
Lockers  
Shower amenities

\* Booking of court at a fee is required

\* Rental of tennis equipment and tennis coaching are available upon request.  
Charges will apply.