



URBAN WELLNESS
CENTRE



MEMBERSHIP

BODY . MIND . WORK .



Three streams of wellness.
Two floors of innovation.
One holistic health haven.

Welcome to Bangkok's leading self-care sanctuary and social spot.

Arranged around a palm courtyard and dedicated 35 metre fitness pool – an aquatic extension of the gym, our designer movement studio, cutting-edge salons, vitality pools and steam rooms place equal emphasis on;

BODY – physical & aesthetics
MIND – spirituality & mindfulness
WORK – movement & function

Whether you want to change your lifestyle or ramp up your routine, our expert instructors, coaches, yogis, practitioners and therapists are here to help you achieve your wellbeing goals.

FACILITIES



From our designer gym and movement studio to a dedicated 35-metre fitness pool, variety and vitality await however you choose to move.

- A Health Club with a designer cardio & strength studio, a full size Muay Thai boxing ring & training area, and studios for HIIT, Boot Camp, TRX and more
- Steam Rooms, Vitality Pools and Locker Rooms – perfect for extending a treatment or workout
- A 35-metre Fitness & Lap Pool for swimming and everything aqua-fitness
- A Spa, Salon, Barber Shop, Fitness Lounge and Relaxation Room
- Offering innovative, result-oriented therapies
- Highly qualified Trainers catering to all levels of experience

PREMIUM ACCESS & PRIVILEGES



All members gain premium 24hr access to the Health Club's Fitness Centre

Individual membership also enjoys a number of special privileges, including:

- 3 personalized fitness assessments
- Access to weekly activity calendar group classes
- 20 private training or movement sessions
- 30,000THB Spa credit
- 5 one-day guest passes
- Special access to membership events
- 15% discount on Visiting Trainers
- Exclusive discounts on extra Fitness sessions (40%) & Spa treatments (15%)
- 10% members discount with Salon and Gentlemen's Tonic services
- Complimentary parking & boat transfers
- Complimentary laundry valet service on fitness attire
- Complimentary post workout selected beverages

ANNUAL INDIVIDUAL MEMBERSHIP PRICING

THB 150,000



Couple memberships also enjoy a number of special privileges, totalling:

- 6 personalized fitness assessments
- Access to weekly activity calendar group classes
- 40 private training or movement sessions
- 50,000THB Spa credit
- 5 one-day guest passes
- Special access to membership events
- 15% discount on Visiting Trainers
- Exclusive discounts on extra Fitness sessions (40%) & Spa treatments (15%)
- 10% members discount with Salon and Gentlemens Tonic services
- Complimentary parking & boat transfers
- Complimentary laundry valet service on fitness attire
- Complimentary post workout selected beverages

ANNUAL COUPLE MEMBERSHIP PRICING

THB 250,000



FOUR SEASONS

HOTEL

BANGKOK AT CHAO PHRAYA RIVER

Four Seasons Hotel Bangkok at Chao Phraya River
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