



The Health Centre at Mandarin Oriental, Bangkok

is a beacon of wellness and physical growth.

We provide you with a peaceful haven
far from the city din, a private sanctuary
for your physical and mental wellbeing.



Health Centre



MANDARIN ORIENTAL
BANGKOK



The Mandarin Oriental Health Centre
579 Charoen Nakorn Road, Klongsarn, Bangkok 10600, Thailand
Telephone: +66 (2) 659 9000 ext. 7430, Facsimile: +66 (2) 659 000
E-mail: mobkk-SportCentre@mohg.com, www.mandarinoriental.com



YOUR HEALTHY LIFE
STARTS HERE

The newly refurbished Mandarin Oriental Health Centre is the ideal place for people who are health conscious and who appreciate the value of professional service and a highly personalised approach to fitness. Located across the river shaded by bamboo trees, the health centre offers excellent gymnastic, tennis, squash and aerobic facilities in a five-star deluxe but friendly environment.

Cross the Chao Phraya River from the hotel on the free shuttle boat or drive in from Charoen Nakorn Road on the Thonburi side where there is ample parking.

(Open daily from 6:00 a.m. to 10:00 p.m.)



Services and Facilities

A PERSONALISED EXERCISE PROGRAMME WITH DEDICATED PERSONAL TRAINERS

- The latest in cardio-vascular and strength equipment provided by Cybex and Lifefitness.
- Aroma steam rooms and Jacuzzis (with no time limit).
- Two flood-lit tennis courts, with professional instructors available for personal tuition.
- Squash court and aerobic room with instructors available upon request.
- Sporting gear and rackets for all facilities available for rent.
- Jogging track (220 metres).
- Tai Chi, Yoga, Aerobic and Pilates classes daily.
- Private shower, changing and personal locker facilities.
- Free shuttle boat transfer to and from Mandarin Oriental, Bangkok.



Annual Membership

Individual Membership (first year) Baht 60,000

Includes the following benefits:

- Two extra months worth Baht 10,000.
(14 months)
- 15 guest passes worth Baht 7,500.
- 10 tennis or squash court passes worth Baht 3,000.

Membership Renewal (20% discount) Baht 48,000

Includes the following benefits:

- Two extra months worth Baht 10,000.
(14 months)
- 15 guest passes worth Baht 7,500.
- 10 tennis or squash court passes worth Baht 3,000.

Corporate Membership Baht 50,000
(Payable by company only, Minimum 5 members, maximum 20 members)

Plus Baht 30,000
per person

Off Peak Hour Rates Baht 35,000

Monday - Friday from 11:00 a.m. to 4:00 p.m.
Saturday - Sunday from 6:00 a.m. to 10:00 p.m.

Inclusive of the following benefit:
10 guest passes worth Baht 5,000.

Additional Benefits Exclusive to Members

- 30% discount on all body massage treatments
at The Oriental Spa excluding special promotions.
- Free parking.

The Mandarin Oriental Health Centre Private Classes

Time	Personal Training		Yoga	
	1 person	2 persons	1 person	2 persons
60 minutes	2,500	3,200	3,000	3,750
90 minutes	3,500	4,375	4,000	5,000

Time	Thai-Chi		Thai Boxing	
	1 person	2 persons	1 person	2 persons
60 minutes	3,000	3,750	3,500	4,375
90 minutes	4,000	5,000	4,500	5,725

Time	Pilates		Aerobic	
	1 person	2 persons	1 person	2 persons
60 minutes	3,000	3,750	3,000	3,750
90 minutes	4,000	5,000	-	-

All prices are subject to 10% service charge and applicable government tax.

For larger groups and other enquiries please contact
The Mandarin Oriental Health Centre
at +66 (2) 659 9000 ext. 7430 or 7431
or email Mobkk-SportCentre@mohg.com.



The Mandarin Oriental Health Centre
579 Charoen Nakorn Road, Klongsarn, Bangkok 10600, Thailand
Telephone: +66 (2) 659 9000 ext. 7430, Facsimile: +66 (2) 659 0000
E-mail: mobkk-SportCentre@mohg.com, www.mandarinoriental.com