



FITNESS & WELLNESS
AT
MANDARIN ORIENTAL
KUALA LUMPUR



Embark on a journey towards
a healthy lifestyle with an exclusive
membership at The Fitness & Wellness
Centre at Mandarin Oriental, Kuala Lumpur.

Luxurious lifestyle memberships with privileges for fitness and spa.



The Fitness & Wellness Centre at Mandarin Oriental, Kuala Lumpur features a 24-hour state-of-the-art Fitness Centre, a Mind & Body studio for group exercise, a luxurious The Spa at Mandarin Oriental with vast heat & water facilities, a PBI Tennis Centre with two hard-surface courts, and a stunning outdoor infinity swimming pool.

Lifestyle Memberships grant access to all our fitness and wellness facilities, complemented by a team of dedicated wellness professionals.

Categories

Available in two tiers with entitlements to suit your preferred access and lifestyle.

- Gold
- Platinum

Duration

Members will have flexible starting dates and suspension options are also available.

Fees

Memberships are prepaid. Please refer to the next page for details. Joining fees are one time only, non-refundable.

Application

To register your interest, please email mokul-fitness@mohg.com. Upon registration, a health questionnaire will also be conducted.

GOLD MEMBERSHIP ENTITLEMENTS

Joining Fee RM 1,000

Subscription - 6 months
RM 2,500

Subscription - 12 months
RM 4,900

- All-access during operation hours
- Personalised Fitness Kit
- One complimentary Fitness Assessment
- Three complimentary Personal Training sessions
- One complimentary 60-minute Stress Recovery Massage at The Spa,
- Complimentary 60-minute usage of the tennis or pickleball court, once per week and subject to availability
- Complimentary two hours parking per day
- Complimentary daily wellness activities

Other benefits

- 25% savings for laundry and dry cleaning
- 25% savings at The Spa for all treatments
- 15% savings on spa retail merchandise at The Spa
- 15% savings off total food bill at AQUA Restaurant and Bar
- 15% savings at Hair Culture

PLATINUM MEMBERSHIP ENTITLEMENTS

Joining Fee RM 1,000

Subscription - 6 months
RM 6,000

Subscription - 12 months
RM 11,800

- All-access during operation hours
- Personalised Fitness Kit
- One complimentary Fitness Assessment
- Two complimentary Personal Training sessions per month
- One complimentary personal cosmetic locker
- Six complimentary 90-minute Body Massage at The Spa
- Complimentary 60-minute usage of the tennis or pickleball court, twice per week and subject to availability
- One complimentary night stay in Deluxe City View Room (voucher is valid for a year and room is subject to availability)
- Complimentary three pieces of laundry per day
- Complimentary two hours parking per day
- Complimentary daily wellness activities

OTHER BENEFITS

- 25% savings for laundry and dry cleaning
- 25% savings at The Spa for all treatments
- 15% savings on spa retail merchandise at The Spa
- 15% savings off total food bill at AQUA Restaurant and Bar
- 15% savings at Hair Culture

FITNESS CENTRE

Personal Training (Single Session)	1 hour	160
5+1 Personal Training Package	6 x 1 hour	750
10+3 Personal Training Package	13 x 1 hour	1,550
Assisted Stretching	15 minutes	50

MIND & BODY STUDIO

Private Yoga	1 hour 45 minutes	380
Couple Yoga	1 hour 15 minutes	450

MEMBER & HOTEL GUEST / NON-MEMBER

TENNIS CENTRE

PRIVATE SESSIONS	1 hour	220 / 300
SEMI PRIVATE SESSIONS	1 hour	320 / 460
ADDITIONAL PERSON	per session	54 / 118.80

RENTAL (Tennis only)

Court rental - First hour	1 hour	43.20 / 118.80
Court rental - Additional hour	1 hour	43.20

**Prices quoted for 2 participants*

TENNIS SHOP

Tennis Balls		43.20
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PICKLEBALL COURT RENTAL

Court with Equipment (2 rackets with 2 set of balls)	1 hour	80 / 120
Court rental - First hour	1 hour	40 / 80
Equipment rental - First hour (Per racket and 1 set of balls)	1 hour	20

EXTERNAL GUEST ACCESS

Tennis and Pickleball (Guest only)		54
Changing rooms and shower facilities		54

**Prices not included heat and water facilities*

DAYCATION PASSES

Weekday (Monday to Friday)	180
Weekend (Saturday, Sunday and Public Holiday)	220

Kids Pass (Monday to Friday)	80
Kids Pass (Saturday, Sunday and Public Holiday)	100

**Kids pass only valid for children 14 years old and below*