

## MEMBERSHIP PRIVILEGES

The Fitness & Wellness Centre comprises of the Active Zone, which utilises the state of the art equipment and technology to optimise members' workout performance, and the Sun & Pool Zone for members seeking to exercise in the water or simply enjoy the abundant sunshine.

### Fitness & Wellness

- Meet with our personal trainer for custom coaching and advice
- Access the Fitness and Wellness Centre – active zone, private studios, female only exercise studio, movement zone
- Access the Sun & Pool Zone

The Spa at Mandarin Oriental, Doha is an oasis of calm and tranquility which immerses guests in a seamless journey of relaxation, rejuvenation and pampering, consisting of the Relaxation and Treatments Zone.

### Spa

- Access the Treatments Zone – continue your relaxation by booking any of our tailored treatments
- Unwind in our oasis of tranquillity with treatment allowances
- Enjoy your treatments in our Spa VIP suites (subject to availability)
- Access the Relaxation Zone – the perfect sanctuary to escape from the hustle and bustle of the city or simply unwind after an active workout
- Allow your family and friends to experience the Spa at Mandarin Oriental, Doha with guest passes

### Lifestyle

- Experience Mandarin Oriental's legendary hospitality with a stay for two in a suite with breakfast
- Attend by-invitation only events and hotel showcase
- Benefit from privileged reservation at Baraha & Mandarin lounges
- Relish a bespoke dining experience for two

Membership type	6 months	12 months
Joining fee	QAR 2,000	QAR 2,000
Single	QAR 13,500	QAR 25,000
Couple	QAR 21,000	QAR 40,000
<b>Benefits</b>		
Complimentary stay	One night stay for two in a suite with breakfast	Two nights stay for two in a suite with breakfast
Spa treatment allowance	Six 50-minute massage treatments	Twelve 50-minute massage treatments
Personal Training	Six sessions	Twelve sessions
Guest passes	Four passes	Ten passes

## TAILORED TRAINING SESSIONS

Single session	QAR 175
Six sessions	QAR 1,050
Eight sessions	QAR 1,400
Twelve sessions	QAR 2,100

Each session duration is 30 minutes and may consist of energy system development, functional strength and power, movement, flexibility, balance and body alignment.

