



INSPIRED DOWNTIME AT SHANGRI-LA COLOMBO'S HEALTH CLUB

Our Health Club lets you stay on top of your fitness regime with our comprehensive facilities including a fully equipped gym, outdoor swimming pool, a movement studio, Jacuzzi, and steam room. A professional fitness team is on hand to assist you with a bespoke range of exercise programmes.

Opening hours: 6.00 am. to 10.00 pm. daily

For more details, please contact +94 11 7 888 288 | E. chi.slcb@shangri-la.com

MEMBERSHIPS (ANNUAL)

	Individual	Couples
Gym and Pool Access	325,000	475,000

MEMBERSHIPS (MONTHLY & DAY PASSES)

	Day Passes
Gym and Pool Access	
Gym and Pool Access (Couples)	
Gym or Pool Access	8,000 (1,500 F&B credit)
Pool Access (Kids)	5,000 (1,500 F&B credit)

PERSONAL TRAINING

1 session	5,000
5 sessions	22,500
10 sessions	45,000

MEMBERSHIP BENEFITS

ALL MEMBERS

- 20% savings on Chi, The Spa treatments (excluding retail items)
- 10% savings on personal training session / packages
- 6 hours complimentary parking

6 MONTHS AND ANNUAL

- 10% savings on Capital Bar & Grill, Shang Palace and Central restaurant (for Tiki Bar up to 10 guests at a time)
- Shangri-La water bottle | One time membership freezable facility for 30 days in total
- 15% off on Shangri-La Laundry services, 15% off on cake ordering, 10% off on Birthday party bookings in Adventure Zone.

POOL AND GYM INDIVIDUAL (ANNUAL ONLY)

- One 60-minute spa treatment valued
- 2 complimentary personal training sessions valued at 10,000
- 10 complimentary visitor pool passes valued at 40,000

POOL AND GYM COUPLES (ANNUAL ONLY)

- Two 60-minute spa treatments valued
- 4 complimentary personal training sessions valued at 20,000
- 15 complimentary visitor pool passes valued at 60,000

TERMS AND CONDITIONS

- The validity of complimentary personal training sessions is 30 days from the membership enrollment
- Complimentary visitor pool passes to be utilized within the duration of the membership period
- All prices are in Sri Lankan Rupees, and are inclusive of taxes
- Facilities available for members are the gym, swimming pool, steam room, Jacuzzi, locker room and 6hrs of parking

Prices are in Sri Lankan Rupee, and exclusive of 10% service charge and prevailing government taxes