

# The Parkside Hotel & Spa Gym Membership



We believe that an active lifestyle contributes to a happier life. Sign up for a membership at The Parkside Hotel & Spa today, and take the next step towards a fitter, healthier you!

A membership at The Parkside Hotel & Spa not only grants you access to our fitness center, equipped with a full selection of free weights, cardio equipment and strength training machines; our facility also features a spacious 25-meter indoor pool and hot tub. Jump into the pool for an invigorating swim or hop on a stationary bike and clock up the kilometers. We guarantee you will leave feeling fit and refreshed for the rest of your day.

## Exclusive member benefits offered by The Parkside Hotel & Spa:

- Discounted rates for long-term members
- Limited number of memberships available to ensure you get the best work out experience
- Complimentary day-use lockers are available
- Overnight locker rentals available for \$20 per month (*limited supply, based on availability*)
- New extended gym hours!  
Gym: 6:00am-11:00pm; Pool: 7:00am-10:00pm
- Members receive 15% off at The Parkside Spa; *reward your hard work with a massage! (Discount not applicable to RMT massages.)*
- Discounted personal training sessions available through PhysioPlus

Memberships can be purchased on a monthly, quarterly, biannual or annual basis with great savings being offered to members willing to commit to their goals. Month-to-month contracts will still be offered based on availability. We strive to provide a boutique training experience for all our members, therefore only a limited number of memberships will be available. Please contact a member of our Guest Services team to secure your 2017 membership today!

The Parkside Hotel & Spa is pleased to offer the following gym membership rates in 2017:

Duration	Price	Savings	Conditions
Monthly	\$75.00	-	Month-to-month, <i>no contract</i>
3 month	\$202.50 (\$67.50 per month)	10%	Paid in full, <i>non-refundable</i>
6 month	\$382.50 (\$63.75 per month)	15%	Paid in full, <i>non-refundable</i>
Annual	\$675.00 (\$56.25 per month)	25%	Paid in full, <i>non-refundable</i>
Couples - Monthly	\$129.00	-	Month-to-month, <i>no contract</i>
Couples - 3 month	\$348.00 (\$116.00 per month)	10%	Paid in full, <i>non-refundable</i>
Couples - 6 month	\$657.00 (\$109.50 per month)	15%	Paid in full, <i>non-refundable</i>
Couples - Annual	\$1161.00 (\$96.70 per month)	25%	Paid in full, <i>non-refundable</i>
10x Punch Card	\$45.00	-	Valid for 6 months
20x Punch Card	\$65.00	-	Valid for 6 months