

# 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:

- Limited number of memberships available to ensure you get the best work out experience
- Complimentary day-use lockers are available
- Members receive 15% off at The Parkside Spa; *reward your hard work with a massage!* (Discount not applicable to RMT massages.)
- New extended gym hours!  
Gym: 6:00am-11:00pm;  
Pool: 7:00am-10:00pm
- Discounted personal training sessions available through PhysioPlus

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 2018 membership today!

The Parkside Hotel & Spa is pleased to offer the following gym membership rates in 2018:

Duration	Price	Conditions
Monthly	\$85.00	Paid monthly*
10x Punch Card	\$60.00	Valid for 6 months
20x Punch Card	\$80.00	Valid for 6 months

*\*Monthly memberships will be automatically renewed each month. If a member would like to cancel, one month's notice is required.*