

POOL ENTRANCE		
	WEEKDAYS Sunday – Thursday	WEEKENDS Friday, Saturday and Public Holidays
ADULTS		
Full Access – pool, gym and spa	AED 190	AED 230
Pool Access Only	AED 160	AED 230
CHILDREN (below 17 years old)		
Pool Access Only	AED 105	AED 130
Tennis Pass – 1 Hour		
		AED 80 per person
Squash Pass – 1 Hour		
		AED 80 per person

GROUP CLASS RATES				
DESCRIPTION	SESSIONS	VALIDITY	SINGLE	COUPLE
1 ST Trial Class	1x		AED 37.50	
Beginner – 6 days	Unlimited	1 Month	AED 375	
Yoga – Group Class	1x		AED 75	
Yoga – Group Class	6x	1 Month	AED 400	
Yoga – Group Class	12x	1 Month	AED 550	AED 950
Yoga – Group Class	12x	3 Months	AED 750	
Yoga – Unlimited Class	Unlimited	1 Month	AED 775	AED 1,300
Yoga – Unlimited Class	Unlimited	3 Months	AED 1,549	AED 2,900
Yoga – Unlimited Class	Unlimited	6 Months	AED 2,599	AED 4,800
Yoga – Unlimited Class	Unlimited	12 Months	AED 4,499	AED 6,500
Kid's Yoga	1x		AED 55	
Kid's Yoga	6x	2 Months	AED 275	
Zumba	1x		AED 75	
Zumba	10x		AED 650	
Zumba	20x (2x per week)		AED 1,200	
Karate (Kid's or Adult's)	1x		AED 70	
Karate (Kid's or Adult's)	8x	1 Month	AED 420	

Please email spa.sldb@shangri-la.com or call +971 4 405 2441 for monthly group class schedules

HEALTH CLUB MEMBERSHIP RATES			
TYPE OF MEMBERSHIP			
Full-Time Membership	Single	Couple	Child (3-16 years old) Pool Access Only
12 Months	AED 7,950	AED 13,380	AED 2,400
6 Months	AED 5,450	AED 8,990	AED 1,670
3 Months	AED 3,350	AED 5,750	AED 1,150
1 Month	AED 1,670	AED 2,930	AED 575
Off-Peak Membership	6:00am until 12midnight		Except Friday, Saturday and Public Holidays
	Single	Couple	
12 Months	AED 5,850	AED 10,050	

Membership Benefits

- 20% off individual spa services, excluding monthly promotions
- 15% off fitness classes
- 10% off on Health Club and spa boutique
- Golden Circle enrolment for 25% off dining at Shangri-La Hotel, Dubai bars and restaurants
- Complimentary valet parking

Additional Benefits for 12 Month Membership

- Complimentary day pass
- Complimentary personal training session
- Complimentary fitness class

Please enquire at the reception desk for student membership rates.

PERSONAL TRAINING				
	SESSIONS	RATE	FREE	VALIDITY
One-hour Session	1	AED 190	-	-
Beginner's Program: Great for guests who want to get in to a fitness routine	12	AED 2,280	1 session	1 month
	24	AED 4,560	2 sessions	2 months
Intermediate Program: Best for guests who want to get back in to shape but need the support and guidance of an instructor	36	AED 6,840	3 sessions	3 months
	48	AED 9,120	4 sessions	4 months

SWIMMING LESSONS		
ASBSOLUTE SWIMMING ACADEMY		
	MEMBER/ RESIDENT/ IN-HOUSE	REGULAR RATE
Group Class – 30 minutes	AED 75	AED 85
Private Class – 30 minutes	AED 190	AED 230

AQUA CYCLING			
Saturday – Thursday 10:30am and 6:30pm			
Rate	1 session	AED 80	40 minutes
Rate	5 sessions	AED 400 (one session free)	40 minutes

CHILDREN MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT

*Children under 17 years of age are not permitted in the gym.

**Children 3-16 year of age have access to swimming pool and shower facilities only.

Prices are inclusive of municipality fee and VAT.
Prices are subject to change without prior notice.



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