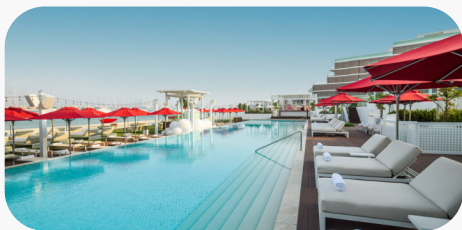


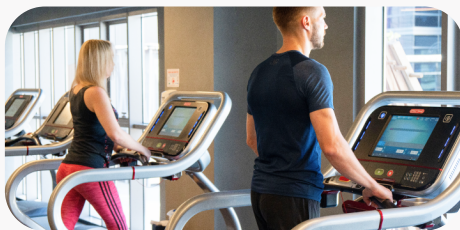


## A WEALTH OF REASONS TO *BECOME* A MEMBER



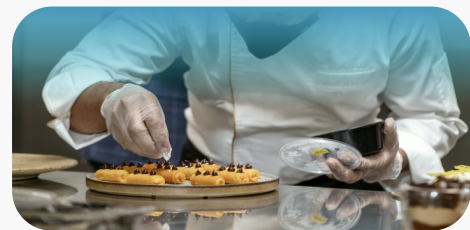
### Hotel Beaches & Pools

Treat your family to exclusive offers in Hotel beaches and pools



### Premium Fitness Venues

Get healthier with an array of state-of-the-art facilities



### Dining & SPA

Enjoy up to 40% discount across restaurants, spas and experiences

## MEMBERSHIP INFORMATION AND PLANS AVAILABLE TO YOU

*Package*

### YOUR REWARDS PREMIUM OFFER

Starts from

AED 2,395 (incl.VAT) for annual membership

With the Exclusive YOUR REWARDS membership plans you get:

#### **Your membership. Your way. Your Rewards - Premium**

Enjoy a 5-star lifestyle at some of the finest places across the UAE.

**BEACHES & POOLS** - Get unlimited access to beach clubs, state-of-the-art fitness facilities and hotel pools.

**PRIME FITNESS VENUE** - Boost your fitness with modern high-tech fitness facilities.

**DINING & SPA** - Enjoy up to 40% discount across restaurants, spas, and various experiences across all the venues.

**DON'T LIMIT YOURSELF** - Interested in visiting a club that's not part of your membership? No problem! Simply pay a special guest fee at the venue.

**FAMILY IS VISITING YOU** - We've got you covered with our short-term Visiting Family membership starting at just 399 AED!

**SHARE THE EXPERIENCE** - Bring friends who are not an adv+ members for a day by paying a guest fee at the venue.

**SPREAD THE WORD AND EARN REWARDS** - It's a win-win situation, refer a friend and unlock a world of rewards.

*The membership duration is 12 months.*

*Access is on First Come, First Serve Basis.*

*Please refer to membership T&Cs for further details.*

### MEMBERSHIP TYPE

- ✓ YR | 1 year | Single | 3 clubs | AED 2,395
- YR | 1 year | Family | 3 clubs | AED 4,795
- YR | 1 year | Single | 5 clubs | AED 2,695
- YR | 1 year | Family | 5 clubs | AED 5,100
- YR | 1 year | Single | 10 clubs | AED 3,100
- YR | 1 year | Family | 10 clubs | AED 5,900
- YR | 1 year | Single | ALL clubs | AED 3,995
- YR | 1 year | Family | ALL clubs | AED 6,595



### AJMAN SARAY RESORT

Sheikh Humaid Bin Rashid Al Nuaimi Street, Ajman

Ajman Saray, a Luxury Collection, is the first beach-side Luxury Collection Resort in the Middle East, nestled along a private beach in the city of Ajman. The resort is a true reflection of luxury and prides itself in creating inspiring holiday moments and a collection of unique experiences. Ajman Saray features an array of leisure facilities including a private beach, two swimming pools, gym, spa, Kids Club and six unique onsite dining concepts offering a tantalizing selection of epicurean experiences including Mediterranean, Middle Eastern, grills and more.

**Members have the following membership privileges & access:**

- Two outdoor swimming pools
  - Beach
  - Fitness center
  - Squash court\*
  - Changing facilities
- \*Advanced booking required. Subject to availability.  
 \*\*Please note that Kids Club access is not included. Please check with the Pool Towel Desk if they are able to accommodate your child on the day of your visit on a case-by-case basis.
- Additional benefits include:
- F&B discounts and offers via <http://www.morecravings.com> or More Cravings app by Marriott International. Please register. F&B discounts and offers are not guaranteed and subject to availability on the More Cravings app. Terms & conditions apply:
  - F&B discounts and offers will not be granted by presentation of an adv+ membership card. Members must register via <http://www.morecravings.com> or on the More Cravings app by Marriott International. Please follow the redemption process outlined by Marriott International.
  - Discounts are not applicable on tobacco.
  - Discounts are not applicable in conjunction with other special offers, discounts and not valid during special events such as Festive Season.
  - All discounts are valid for the cardholder plus 3 guests.
  - Additional Marriott International T&C's may apply. Please visit <http://www.morecravings.com> for full details.

Outdoor children's pool: Monday to Sunday 9:00 AM-8:00 PM  
 Main outdoor pool: Monday to Sunday 8:00 AM-8:00 PM  
 Gym: Monday to Sunday 7:00 AM-7:00 PM\*  
 Please check in at the Pool Towel Desk

Child (3 to 11.99 years): AED 40 weekdays / AED 55 weekends (Friday/Saturday)  
 Adult (12 years and above): AED 75 weekdays / AED 125 weekends (Friday/Saturday)

Pool Towel Desk.



### AL HABTOOR POLO RESORT

Wadi Al Safa 5, Emirates Road 611, Dubai, United Arab Emirates

A tranquil Andalusian inspired 5 star luxury boutique urban resort awaits you in the heart of Dubai. Expansive green polo lawns lap terracotta terraces, as world class championship polo and stable facilities fulfil the desires of polo players, patrons and equestrians alike. Sit back, unwind and allow our team of hosts at the resort take care of your every need.

**Members have the following membership privileges & access:**

- Access to resort pool facilities
  - Access to resort gym
  - Access to lockers and changing room facilities
- Additional benefits available to all Members:**
- 15% discount on F&B at Andalusia, Horse & Hound, Equestrian Lounge, Pool Bar and Oasis Lounge. Discount is valid on F&B items only and is valid for the cardholder plus 6 guests, valid to 1 card per table/reservation. Discount is applicable before VAT taxes and cannot be used in conjunction with other promotions or special offers.
  - 20% discount on the best available rate for rooms and villas

Gym: Open Daily from 8:00am - 9:00pm  
 Pool: Open Daily from 8:00am -7:00pm

100 dhs per person per visit (non-redeemable). Club's Guest Fees T&Cs apply.

Please check in at the pool towel desk.



### BAHI AJMAN PALACE HOTEL

Sheikh Humaid Bin Rashid Al Nuaimi Street, Ajman

Bahi Ajman Palace Hotel's Lifestyle Club is the place to relax and have fun at the five-star beach resort located on the Ajman corniche. It is the place that combines state-of-the-art facilities and world-class service. Enjoy private access to the sea from Bahi Ajman Palace Hotel's private beach. The hotel's luxury facilities include the pool, fitness centre, sauna, steam room, jacuzzi, lockers, and towels. The modern gym facility is fully equipped with an extensive variety of state-of-the-art exercise machines to meet every fitness level.

**Members have the following membership privileges & access:**

- Private beach
  - Swimming pool
  - State-of-the-art gym with Treadmills, Cross Trainers, Recumbent Bikes, Upright Bikes, Rowing Machines, Summit Trainer, Strength Machines & Benches, Free Weights
  - Steam Room, Sauna and Jacuzzi
  - Lockers and towels
- Additional benefits for all Members:**
- 25% discount at all F&B outlets
  - 20% discount on massages at the spa (T&C's apply)

Pool: 8 am to 8 pm  
 Beach: 7 am to Sunset  
 Gym: 7 am to midnight (please note that the check-in desk is open 7 am to 10 pm)  
 Sauna/Steam/Jacuzzi: 7 am to 10 pm

20% discount on public day pass rates for guests

Check-in is located at the ground floor next to the reception desk.



CLUBS	CLUB OVERVIEW	MEMBER ACCESS & PRIVILEGES	OPENING HOURS	GUEST FEE	INFORMATION
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### CHAMPS OUTDOOR SPORTS COMPLEX - FESTIVAL CITY

Marsa Plaza Promenade - Dubai Festival City

This multi-sports destination is operated by Champs, the UAE's largest world-class outdoor sporting and fitness facility and is open to all ages and fitness levels. Offering unparalleled views of the skyline, the new sports destination boasts a total of nine sport courts featuring five padel courts, two basketball courts, two football pitches, a CrossFit gym, skate park, and kids play area. For those who love to run, there is a running track.

- Members have the following membership privileges & access:**
- Access to gym facilities
  - Access to changing room facilities
- Additional benefits for all Members:**
- 10% discount on all bookings of sports facilities (football & basketball)
  - 10% discount on all academy program activations (football & basketball programs)
  - 20% discount on team building activations

Summertime (until 15th September):  
Daily: 5 pm to midnight  
After 15th September:  
Daily: 8 am to midnight

Guest Fees AED 85 per person per visit. Club's Guest Fees T&Cs apply.

Reception Desk is located inside the container, at the entrance to the facilities.



### CHAMPS SPORTS CLUB - AL QUOZ

Al Quoz, Industrial Area 3 - Dubai

Champs is the brainchild of the Basketball legend from Lebanon and best player to ever come out of the Middle East. Building on the success of Champs in Lebanon, Fadi opened Champs Sports Club in January 2021. This world-class facility houses two basketball courts, an indoor football pitch, Martial Arts Center, state-of-the-art gym, fitness studios, and cafe.

- Members have the following membership privileges & access:**
- Access to gym facilities
  - Access to group fitness classes
  - Access to changing room facilities
- Additional benefits for all Members:**
- 10% discount on all bookings of sports facilities (football & basketball)
  - 10% discount on all academy program activations (football & basketball programs)
  - 20% discount on team building activations

Monday to Saturdays:  
6 am to 11 pm  
Sundays: 8 am to 11 pm

Guest Fees AED 85 per person per visit. Club's Guest Fees T&Cs apply.

Main Reception. As you enter the club, walk past the cafe and football pitch towards the gym area.



### CHAMPS SPORTS CLUB - FESTIVAL PLAZA

First Floor, Festival Plaza, Jebel Ali Village, Dubai UAE

Champs Sports Club in Festival Plaza is the largest ever fitness facility in a mall. With a floor area of over 42,000ft<sup>2</sup>, the sports club features 2.5 indoor basketball courts, a padel tennis court, cycling studio, several fitness studios, fully-fledged gym and a healthy food bar powered by Fitkult. For all lovers of sports, Champs Sports Club is the place to be.

- Members have the following membership privileges & access:**
- Beach access
  - Access to group fitness classes
  - Access to changing room facilities
- Additional benefits for all Members:**
- 10% discount on all bookings of sports facilities (basketball)
  - 10% discount on all academy program activations (basketball programs)
  - 20% discount on team building activations

Mon-Fri: 06:00 am to 11:00 pm  
Sat-Sun: 08:00 am to 10:00 pm

Guest Fees AED 85 per person per visit. Club's Guest Fees T&Cs apply.

Main Reception, located on the First Floor of Festival Plaza.



### CORAL BEACH RESORT SHARJAH

Al Muntazah Street, Sharjah Corniche; Sharjah

When visiting Coral Beach Resort Sharjah, the guests will enjoy access to a wide range of five-star facilities and leisure amenities coupled with exemplary service and hospitality. Our hotel is known for its family-friendly atmosphere and services, ensuring a stress-free stay with many exciting activities for adults and children.

- Members have the following membership privileges & access:**
- Beach access
  - Pool access
  - Changing rooms
  - Beach volley
  - Kids club access (for children 4 to 10 years olds, below four should be accompanied by an adult guardian)
- Additional benefits for all Members:**
- 25% discount on F&B
  - 20% discount on massages at the Spa

Beach: 8 am - till sunset  
Family Pool: 10 am - 7 pm  
Small Pool: 8 am - 9 pm  
Gym: 7 am - 10 pm  
Kid's Club: daily 10 am - 7 pm

Guest fees: 20% discount for members' guests on the public day pass rate (based on designated weekdays / weekends rates).

Towel desk area by the hotel's side entrance (next to the gym).



**COVE BEACH, BLUEWATERS ISLAND**

Caesars Palace, Bluewaters Island, Dubai

Cove Beach boasts a stunning seafront locale that comprises of a restaurant, the one-of-a-kind Rosé Lounge, and 3 pools all set to the backdrop of the tranquil Arabian Sea. Fashioned in a contemporary and beautiful décor with a Mediterranean vibe and personalized service bringing us back to a motif that embodies our identity, making Cove Beach a special place in the heart of the city we are located in. Jet-setters, influencers, celebrities, athletes as well as locals revel in coming and enjoying the beach, pool and restaurant on a regular basis, either for our great food or our ambience.

**Members have the following membership privileges & access:**

- Access to all pool facilities and beach
  - Access to changing facilities, lockers and showers
  - Sunbeds up to 1 pm - after 1 pm, sunbeds are not guaranteed and subject to availability. Please note that due to the popularity of Wednesdays (Ladies Day), Saturdays and Sundays, sunbeds are not available after 1 pm. Access will only include entrance to the pool and beach areas without sunbeds.
- \*\*Please note that memberships are for adult members only (21 years or above). Children under 12 years of age are not required to have their own sunbed, so can access for free. Children 12+ years are required to have their own sunbed, and adv+ guest fees and rules apply.*

**Additional benefits:**

- 20% discount on the total bill across all F&B and retail for members when entering using one of the allocated access slots. Valid for the member plus up to 3 guests. Discount does not apply to Friday Brunch and other special offers like Ladies Day package.
- 10% discount across F&B for members who visit dine-in facilities only. Valid for the member plus up to 3 guests. Discount does not apply to Friday Brunch and other special offers like Ladies Day package.
- Minimum spend on Cabanas and party areas apply.

Pool and Beach: 10 am to sunset  
 Restaurant: 10 am to 11 pm  
 Lounge: 12 pm to 1 am

**Guest Fees:**

- AED 100 per person per sunbed on Monday, Tuesday and Thursday, subject to availability.
- AED 150 per person per sunbed on Wednesday, Friday, Saturday and Sunday, subject to availability. Terms & conditions apply. Limited to 1 guest per adv+ members (limited to 10 total guests from adv+ members a day). Please check in advance with the venue if you are bringing guests to ensure capacity. Children 12+ years are required to have their own sunbed, and adv+ guest fees and rules apply. Club's Guest Fees T&Cs apply.

Reception desk in the entrance. You will be asked to exchange an ID card (Emirates ID or drivers license) for the property card. Please carry this property card with you and present at the time of billing to enjoy the 20% discount on F&B. When leaving Cove Beach, please return the property card at the Reception desk and pick up your ID card. A fee of AED 50 applies if a card is damaged or lost.



**CROWNE PLAZA HOTEL YAS ISLAND | ABU DHABI**

Yas Plaza Hotels, Yas Island Abu Dhabi, Abu Dhabi

At the Crowne Plaza Yas Island, you can drop your worries at our inviting lobby lounge entrance and relax away your cares at the nearby Yas Beach, which is just a short walk away. Leisure travellers and families have Yas Island's attractions at their feet, from Ferrari World, Warner Bros. World, Yas Waterworld, and CLYMB to the shoppers' paradise, Yas Mall. However, with the 25-meter outdoor pool, fitness centre, Kids Club, and our five popular dining outlets with their brunches, buffets, live music and shisha garden, you'll likely not want to leave.

- outdoor family pool and kids pool
  - beach
  - gym
  - changing rooms, including steam and sauna
  - members rates on squash court
- Additional benefits for all members:**
- 20% discount on food & beverages
  - 15% discount on room rates
  - 30% discount on massage services

Gym: 6am to 10pm  
 Pool: 7am to 8pm  
 Beach: 7am to sunset

gym & pool access  
 Adults: AED 85 weekday / AED 110 weekend  
 Children: AED 55

Recreation reception area, accessible directly from the P1 floor or from the lower ground floor of the hotel



**DOUBLETREE BY HILTON HOTEL DUBAI | JUMEIRAH BEACH | DUBAI**

The Walk, Dubai Marina,

Find us on a private stretch of beach along Dubai's waterfront promenade, The Walk. We're one kilometre from Dubai Metro, linking you to the Jebel Ali business area and downtown Dubai within 25 minutes. The Wild Wadi Waterpark is a 20-minute drive away. We feature an ocean-front infinity pool and a wellness centre with a steam room and sauna.

**Members have the following membership privileges & access:**

- Beach
  - Pool (closed for maintenance until August 31 2023)
  - Gym (closed for maintenance from August 8 until September 20 2023. Alternative facility available.)
  - Thermal areas inclusive steam, sauna & Jacuzzi
- Additional benefits for all members:**
- 20% discount at all hotel owned outlets such as Gastro Kitchen, Al Maeda and Areia\*
  - 25% discount on all treatments at the SPA

Beach: 9 am to 9 pm  
 Gym: 8 am to 9 pm

AED 75 adult and AED 50 per child

Enter through the main reception take elevator to ground floor and follow the signs for the beach. Check-in at the towel desk.



**DUBAI POLO & EQUESTRIAN CLUB | DUBAI**

Arabian Ranches, Dubai

**Dubai Polo & Equestrian Club**  
Enter the exciting world of the Dubai Polo & Equestrian Club, where prestigious sporting disciplines meet a sparkling social calendar.

**Wellness**  
The Spa is a sanctuary of serenity, tranquillity and gracious hospitality. This is the ultimate space to restore harmony and establish a balance between body and mind.

**Dine**  
Dine in an elegant Equestrian atmosphere, heightened by the views across the club's riding arenas.

**Events**  
Breathtaking venues for weddings, birthdays, business functions and gala banquets, exclusive VIP events and every imaginable occasion.

**Members have the following membership privileges & access:**

- Gym Access
- Temperature Controlled Swimming Pool
- Steam Room Access
- Shaded kids play area
- Kids pool

**Additional benefits available to all Members:**

- 20% discount on THE SPA treatments (spa menu)
- 10% discount on Equestrian activities, except riding lessons
- 15% discount on Stable Tours

**Food & Beverage:**

- 20% discount at Splash Pool Bar, Sella and Dubai Polo Bar

Daily 6am to midnight

Weekdays (Adults) AED 105  
Weekdays (Children) AED 65  
Weekends (Adults) AED 135  
Weekends (Children) AED 80

Sign in at the spa reception desk by the gym or at the swimming pool reception area. Report to the main reception and you will be guided where to go.



**ETIZAN FITNESS AT ERTH | ABU DHABI**

Khor Al Maqta, Al Khaleej  
Al Arabi Road, Abu Dhabi, U.A.E

Etizan Fitness is a premium wellbeing community for people of all ages and fitness levels. A hub for fitness, sports and recreation activities, we take a balanced wellness approach to everything we do. Whether you are looking for a great gym, to practice your favourite sport, train for competition, or simply enjoy a fun family day out – we welcome you.

**Members have the following membership privileges & access:**

- Mixed Gym
- Ladies Gym
- Hamam Area
- Indoor Olympic Swimming Pool
- Group Classes
- Outdoor Pool & Beach

**Benefits for all members:**

- 15% discount in the Restaurant at Erth Abu Dhabi

Gym: 6 am - 11 pm  
Pool: 6am -11 pm  
Beach: 6am - 7pm  
Ladies-Only Swimming Pool: T

TBC

Enter the main club reception down the corridor on your left through the ground floor.



**FAIRMONT THE PALM | DUBAI**

The Palm Jumeirah, Dubai

Escape to our Arabian-style sanctuary where the essence of our language is soulful hospitality. Find yourself in the heart of the awe-inspiring Palm Jumeirah, where you'll savour sunsets and enjoy breathtaking views of Dubai Marina and the Arabian Gulf.

**Members have the following membership privileges & access:**

- 8 Pools
- Beach & sun lounges
- 3 gyms and studios
- Kids club\*

*\*Terms & conditions apply for Kids Club usage: 2 hours complimentary usage. Maximum of 2 kids per family. Minimum age 3 years old. Maximum advanced booking of 24 hours allowed.*

**Additional benefits for all Members:**

- 20% Discount on F&B at Flow Kitchen, Seagrill Restaurant, Boldly Asian Restaurant, Frevo Restaurant, Mashrabiya Lounge, Little Miss India, Pool and Beach, Blowfish Bar, and VZ Pub (please note that the discount is NOT valid at Cafe Beirut).
- 20% Discount on Spa
- AED 75 for group classes

**Swimming pool & Beach:** 7am - sunset  
**Gym:** 7am till 10pm  
**Kids Club:** (for 3-12 year olds)\*  
• 10:30am to 12:00pm (1st session)  
• 1:00pm to 3:00pm (2nd session)


AED 100 per person (adult or child) during weekdays  
AED 150 per person (adult or child) during weekends


Lower ground floor of the hotel at the RECONNECT gym reception desk.

<p><b>FitnGlam</b></p> <p><b>FIT N GLAM AL QUOZ</b></p> <p>Al Ghurair Warehouses, Al Quoz</p>	<p>FitnGlam was founded to transform the landscape of women's fitness in the UAE; a concept built to champion female minds and bodies. At the heart of FitnGlam we are so much more than just a women's SuperClub. We are a community that inspires women to become the best version of themselves. We are a safe space where women can be themselves and discover that they are so much stronger than they imagined. We believe in pushing our members beyond their limits and yet celebrate the little milestones with just as much enthusiasm.</p> <p><b>Created for women, by women.</b></p>	<p><b>Members have the following membership privileges &amp; access:</b></p> <ul style="list-style-type: none"> <li>• Access to gym facilities and all group exercise classes in boutique studios.</li> <li>• Access to steam and sauna and changing facilities.</li> <li>• 15% Discount on select retail items. <i>*To access the Solarium, please contact the Club Reception for information on available packages. The following terms &amp; conditions apply:</i></li> <li>• Advanced booking is required via club reception for classes. Please Whatsapp 0564188188.</li> <li>• Bookings are open 24 hours prior to class start time.</li> <li>• Hand wraps are required for boxing classes. Boxing gloves will be provided by the branch (hand wraps can be purchased from the reception as well).</li> <li>• Arrival 15 minutes before the start of class is required for first-time attendees of all programmes for health and safety purposes.</li> <li>• Members and guests are not allowed to enter the studio once the class has started. FitnGlam has a strict no late entry policy.</li> <li>• Members are asked to refrain from using mobile phones in classes; photography and videography in classes is prohibited.</li> <li>• Members are asked to use appropriate closed toe, non-marking, rubber soled sports shoes when participating in all classes, except for those held in the Mind Body studios.</li> </ul>	<p>Weekdays 6AM - 11PM Weekends 7AM - 10PM</p>	<p><b>Guest Fees:</b> AED 100 per person per visit. Club's Guest Fees T&amp;Cs apply.</p> <p>Gym Reception.</p>
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<p><b>FitnGlam</b></p> <p><b>FIT N GLAM DUBAI HILLS MALL</b></p> <p>Dubai Hills Mall</p>	<p>FitnGlam was founded to transform the landscape of women's fitness in the UAE; a concept built to champion female minds and bodies. At the heart of FitnGlam we are so much more than just a women's SuperClub. We are a community that inspires women to become the best version of themselves. We are a safe space where women can be themselves and discover that they are so much stronger than they imagined. We believe in pushing our members beyond their limits and yet celebrate the little milestones with just as much enthusiasm.</p> <p><b>Created for women, by women.</b></p>	<p><b>Members have the following membership privileges &amp; access:</b></p> <ul style="list-style-type: none"> <li>• Access to gym facilities and all group exercise classes* in boutique studios.</li> <li>• Access to steam and sauna and changing facilities.</li> <li>• 15% Discount on select retail items. <i>*Exclusions: Reformer Classes</i></li> <li>• The following terms &amp; conditions apply:</li> <li>• Exclusions: Reformer Classes</li> <li>• Advanced booking is required via club reception for classes by calling 042880712 or WhatsApp 0549963558</li> <li>• Bookings are open 24 hours prior to class start time.</li> <li>• Arrival 15 minutes before the start of class is required for first-time attendees of all programmes for health and safety purposes.</li> <li>• Members and guests are not allowed to enter the studio once the class has started. FitnGlam has a strict no late entry policy.</li> <li>• Members are asked to refrain from using mobile phones in classes; photography and videography in classes is prohibited.</li> <li>• Members are asked to use appropriate closed toe, non-marking, rubber soled sports shoes when participating in all classes, except for those held in the Mind Body studios.</li> </ul>	<p>Weekdays 6AM - 11PM Weekends 7AM - 10PM</p>	<p><b>Guest Fees:</b> AED 120 per person per visit. Club's Guest Fees T&amp;Cs apply.</p> <p>Gym Reception.</p>
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<p><b>FitnGlam</b></p> <p><b>FIT N GLAM SPORTS SOCIETY COMPLEX, MIRDIF</b></p> <p>Sports Society Complex, Mirdif</p>	<p>FitnGlam was founded to transform the landscape of women's fitness in the UAE; a concept built to champion female minds and bodies. At the heart of FitnGlam we are so much more than just a women's SuperClub. We are a community that inspires women to become the best version of themselves. We are a safe space where women can be themselves and discover that they are so much stronger than they imagined. We believe in pushing our members beyond their limits and yet celebrate the little milestones with just as much enthusiasm.</p> <p><b>Created for women, by women.</b></p>	<p><b>Members have the following membership privileges &amp; access:</b></p> <ul style="list-style-type: none"> <li>• Access to gym facilities and all group exercise classes* in boutique studios.</li> <li>• Access to steam and sauna and changing facilities.</li> <li>• 15% Discount on select retail items.</li> </ul> <p><i>*Exclusions: Reformer Classes</i></p> <p>The following terms &amp; conditions apply:</p> <ul style="list-style-type: none"> <li>• Exclusions: Reformer Classes</li> <li>• Advanced booking is required via club reception for classes.</li> <li>• Bookings are open 24 hours prior to class start time.</li> <li>• Arrival 15 minutes before the start of class is required for first-time attendees of all programmes for health and safety purposes.</li> <li>• Members and guests are not allowed to enter the studio once the class has started. FitnGlam has a strict no late entry policy.</li> <li>• Members are asked to refrain from using mobile phones in classes; photography and videography in classes is prohibited.</li> <li>• Members are asked to use appropriate closed toe, non-marking, rubber soled sports shoes when participating in all classes, except for those held in the Mind Body studios.</li> </ul>	<p>Weekdays 6AM - 11PM Weekends 7AM - 10PM</p>	<p><b>Guest Fees:</b> AED 120 per person per visit. Club's Guest Fees T&amp;Cs apply.</p> <p>Gym Reception.</p>
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<p></p> <p><b>FLUID BEACH CLUB   THE8 HOTEL PALM   DUBAI</b></p> <p>Th8 Hotel, The Palm, Dubai</p>	<p><b>THE DUBAI HANGOUT</b></p> <p>There's alluring energy that pulses through our buzzing Beach Club, every hour of the day, and late into the night.</p> <p>Head here for some of the chicest cabanas ever. Also serving trendy light bites, sharing platters, heady cocktails and some banging tunes, brought to you by our in-house DJ.</p> <p>Come for the vibe and linger for the ever-changing mood, as sun-soaked day slides into a shimmering night.</p>	<ul style="list-style-type: none"> <li>• Pool access with pool cabanas</li> <li>• Beach access</li> <li>• Reconnect gym</li> <li>• Basketball Court</li> <li>• Kids Play Area</li> </ul> <p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• 25% discount on EllaMia</li> <li>• 25% discount on ENVY</li> <li>• 25% discount on Beach Bar</li> </ul>	<p><b>Pool &amp; Beach access:</b> 9am until 7pm</p>	<p>Weekends: AED 150* Weekdays: AED 100* *fully redeemable on F&amp;B</p> <p>Beach Reception / Gym Reception located inside the hotel</p>
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<p></p> <p><b>HABTOOR GRAND RESORT, JBR</b></p> <p>Al Falea St, Jumeirah Beach</p>	<p>Habtoor Grand Resort, Autograph Collection is spread across 3 hectares and serves as an excellent escape along the beautiful JBR beach. The beachfront hotel boasts a classic design with a touch of Arabia and offers 12 restaurants &amp; bars, a fitness center, kids and adult pool, water slides, kid's club and spa.</p>	<p><b>Members have the following membership privileges &amp; access:</b></p> <ul style="list-style-type: none"> <li>• Hotel's private beach</li> <li>• Tennis* and squash courts</li> <li>• Waterslides</li> <li>• Outdoor jacuzzi and swim-up pool bar</li> <li>• State-of-the-art gymnasium</li> <li>• Changing facilities with experience shower, steam and sauna</li> <li>• Kid's Club</li> </ul> <p><i>*AED 105 fee per hour applies for access after 7 pm for tennis court usage. Tennis court access is free of charge before 7 pm. Pre-booking required.</i></p> <p><b>Additional benefits for all Members:</b></p> <ul style="list-style-type: none"> <li>• 25% discount at the following F&amp;B venues: Al Dhiyafa, Luciano's, Underground Pub, Polo Bar, Pool Bar, Al Manara, Acacia Lounge, and Sauce Diner.</li> <li>• 20% discount at Kimuraya.</li> <li>• F&amp;B Terms &amp; Conditions apply: discounts are valid on all days of the week, but not in conjunction with other offers, like Happy Hour, promotions and special events (including Christmas and NYE).</li> <li>• 10% discount on private tennis coaching.</li> </ul>	<p><b>Gym/Tennis Court/Squash Court - 7:00 AM - 10:00 PM</b> <b>Main Pool - 8:30 AM until 8:30 PM</b> <b>Big and Small Slides Pool - 9:00 AM until 7:00 PM</b> <b>Beach - 8:30 AM</b></p>	<p>When you enter the hotel reception, walk down the stairs to the Spa Reception.</p> <p><b>Weekdays Pool &amp; Beach:</b> Adults - AED 120/day Children - AED 80/day</p> <p><b>Weekends Pool &amp; Beach:</b> Adults - AED 150/day Children - AED 100/day</p> <p><b>Gym, Tennis &amp; Squash Courts:</b> AED 105/hour</p> <p><b>Additional fee for tennis court usage after 7 pm (including for adv+ members):</b> AED 105/hour</p>
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**JA BEACH HOTEL & JA PALM TREE COURT | DUBAI**

Jebel Ali, Dubai

Experience the ultimate 5-star all-inclusive beachfront destination along the pristine shorelines of Dubai with three unique hotels and 1 million square meters of an unparalleled combination of experiences. Relax on 800 metres of golden sand or enjoy over 40 exhilarating experiences, including tennis courts, a world-class nine-hole championship golf course, horse-riding, watersports and shooting range activities. Create unforgettable family memories at JA The Resort with an award-winning culinary journey of 25 restaurants and bars.

**Members have the following membership privileges & access:**

- 3 Pools
- 800 Meter Beach
- Tennis Courts
- Gym
- Badminton
- Squash
- Pool Table/Table Tennis
- Kids Club
- Crazy Golf
- Splash Park

**Additional benefits for all Members:**

- 20% Discount on all F&B across JA The Resort
  - 30% Discount at Calm Spa
  - 30% Discount at JA Shooting Club
  - 20% Discount at JA Golf Course
  - 15% discount on Pony Rides at JA Equestrian Centre
- Kids Club Access:**  
Not bookable in advance. Access is on a first-come-first-served basis—a maximum of 3 hrs per session.
- Kids Club access is complimentary for ages 4-12 years.
  - Chargeable for ages 4-47 months.
- Just Splash - Splash Park Access:**
- Just Splash Park's opening hours are from 10.00 am to 6.00 pm.
  - Maximum operational load: 1 person, 136kg
  - Children under 1.1 M tall are NOT permitted in the Just Splash Park
  - An adult must accompany children under 16 years
  - Parents must accompany children under 5 years
  - Eyeglasses must be securely affixed to riders with head straps
  - Swimwear with exposed zippers, buckles, rivets, or metal ornamentations is not permitted
  - Only one rider to enter the flume at a time
  - All persons using slides do so at their own risk.
  - The slide must be ridden feet first, lying on your back or sitting.
  - Riders must wait for the lifeguard/attendant start signal before starting permitted on the rides or slides.

- Swimming pools & Beach: 9am-7pm
- Gym: 7am-7pm
- Kids Club: 10am 1pm and 3pm to 6pm
- Shooting Club: 3pm-11pm
- Equestrian Centre 7am-12pm and 4pm-7pm

AED 125 per adult per visit  
AED 75 per child per visit

PLEASE SEE THE UPDATE FOR THE TEMPORARY ACCESS SETUP ABOVE  
If you want to use the Pools and Beach, you will need to enter through the Gazebo Gate which is sign posted on the right-hand side of the JA Beach Hotel.



**JA LAKE VIEW | DUBAI**

Jebel Ali, Dubai

The design-driven property dedicated to sustainability overlooks the 9-hole championship golf course and consists of 348 guestrooms and suites with balconies, three swimming pools, and four new dining experiences. Guests have full access to the private beach and all JA The Resort activities, including JA Equestrian Centre, Calm Spa & Salon, JA Marina, and more.

**Members have the following membership privileges & access:**

- 3 Pools
  - Gym
  - Crazy Golf
- Additional benefits for all Members:**
- 20% Discount on all F&B across JA The Resort
  - 30% Discount at Calm Spa
  - 30% Discount at JA Shooting Club
  - 20% Discount at JA Golf Course
  - 15% discount on Pony Rides at JA Equestrian Centre

Swimming pools 9am-7pm  
Gym 7am-7pm  
Shooting Club 3pm-11pm  
Equestrian Centre 7am-12pm and 4pm-7pm

AED 125 per adult per visit  
AED 75 per child per visit

Outside of the restaurant, next to the family pool. Walk through the Hotel reception and/or restaurant and you will find the check-in desk outside.





### LE ROYAL MERIDIEN ABU DHABI

Sheikh Khalifa Street, Abu Dhabi

Rediscover Le Royal Méri dien Abu Dhabi as the city’s long-standing landmark reemerges in a new era, transformed. This Al Danah hotel was conceived over two decades ago by the Royal family of Abu Dhabi and retains its distinctive, avant-garde exterior that resembles an eye when seen from above. Our five-star hotel is strategically positioned in the heart of the city’s commercial district and is easily within a 20-minute drive from all commercial areas of Abu Dhabi and the Saadiyat Cultural District. Additionally, guests are short walks from major corporations, shopping malls, parks and sparkling Corniche Beach. Experience comfort, sophistication and a memorable stay in the United Arab Emirates at Le Royal Méri dien Abu Dhabi.

- Outdoor Pool
- Health Club Fitness facilities
- **Additional benefits for all Members:**
- 20% discount for member plus 4 guests on all dining outlets including Stratos, Market Kitchen and P.J.O Reilly’s.
- 30% discount on any dining Concept Brunch for each member plus 1 guest. This offer is for the best available published rate for the soft & alcoholic packages at PJMK.
- 10% discount on the best available Hotel Room Rates, subject to availability. Terms & conditions apply. These offers cannot be used in conjunction with any other promotion or discount.

Outdoor Pool: 8 am - 6 pm  
Gym: 8 am - 6 pm  
Jacuzzi, Plunge Pool, and Steam Bath: 8 am - 8 pm

Adult - AED 75  
Child - AED 50

Pool desk, access from the main hotel lobby or 4<sup>th</sup> floor gym reception.



### MAX BURN GYM

Al Quoz 3, Street 4, Warehouse #10, Dubai

AT MAX BURN GYM, YOU WILL GET INSPIRED BY:  
The trainers - They are experienced, qualified, fit and positive.  
A variety of programs - From calm body and mind sessions to super-hyped cycling, boxing in full-size box ring or functional.  
Modern interior and latest Matrix equipment - Gym is fully Matrix equipped along with Matrix spinning bicycles in our Cycling studio.  
The vibe and the fellow members - We are a training community; we motivate and inspire each other.

- **Members have the following membership privileges & access:**
- Gym access
- Dedicated functional fitness area and boxing area
- Indoor sprint track
- **Additional benefits for all Members:**
- AED 60 per class: “THE BURN BOX” signature CrossFit-based class
- Exclusive member discount on “Be Healthy” Meal Plans
- **Important:** Access for 18 years old and above. Classes are not included.

- **Saturday – Thursday:** 6 am – 11 pm
- **Friday:** 8 am to 8 pm

AED 60 per visit

Main club reception



### MELIÀ DESERT PALM DUBAI

Al Awir Road, Warisan, Dubai

AN ARABIAN OASIS, WHERE RELAXATION MEETS ELEGANCE. DUBAI’S BEST KEPT SECRET  
Set amidst a 160-acre polo estate with contemporary design. A mere 20 kilometres from Dubai’s urban centre, you may find yourself in the lush serenity and sophistication of Meliã Desert Palm.

- **Members have the following membership privileges & access:**
- Fitness Centre Access
- Group Class Access (basic classes)
- Steam, Sauna, Ice Room, Cold Plunge pool facilities available
- Swimming pool access
- Tennis Court Access (subject to availability and prior booking required)
- Squash Court Access (subject to availability and prior booking required)
- **Additional benefits for all Members:**
- 20% discount on F&B outlets
- 20% discount on Samana Spa (not applicable on packages)
- 20% discount on Fitness Centre Retail section
- 20% discount on Personal Training Packages
- AED 30 per premium fitness class
- **Additional info:** classes must be booked in advance

Swimming pool: 8am to 7pm  
Gym: 6am to 11pm  
Spa: 10:30am to 9:30pm

AED 100 per person per visit

GYM: All guests can park at the gym parking, instead of going to the main hotel entrance.  
SPA: Spa access is in the main hotel building (lower ground floor).  
POOL ACCESS: check-in at the gym



**METROPOLITAN HOTEL DUBAI**

Sheikh Zayed Road-Exit 41 Al Thanya St., Dubai, U.A.E

The Metropolitan Hotel Dubai is a vibrant and refined 4 star property that occupies one of Dubai's most central and sought-after locations alongside the Sheikh Zayed Road, making it an ideal location for visitors seeking contemporary comfort in the heart of the city. The hotel is minutes away from Al Habtoor City and the Downtown areas, Safa Park and the Canal.

**Members have the following membership privileges & access:**

- Access to hotel's pool facilities
- Access to hotel gym
- Access to lockers and changing room facilities, including steam & sauna\*  
*\*Steam and sauna facilities are only available upon request (facilities have to be turned on).*
- 15% discount on F&B at The Red Lion, Al Safa, Al Sheif, and Tropicana. Discount is valid on F&B items only and is valid for the cardholder plus 6 guests, valid to 1 card per table/reservation. Discount is applicable before VAT taxes and cannot be used in conjunction with other promotions or special offers.
- 20% discount on the best available rate for rooms.

**Additional benefits available to all Members:**

Gym: Open Daily from 6:30am - 8:00pm  
Pool: Open Daily from 10:00am -8:00pm

AED 100 per adult for pool and gym access and AED 75 per child per visit. Club's Guest Fees T&Cs apply.

Please check in at the recreation desk in front of the pool and gym entrances.



**NATURAL ELEMENTS | LE MERIDIEN DUBAI AIRPORT & CONFERENCE CENTRE | DUBAI**

Airport Road, Garhoud, Dubai

Nestled within the verdant heart of 15 hectares of manicured gardens, Le Méridien Dubai Hotel and Conference Centre is a luxurious haven of rest and relaxation, standing next door to Dubai International Airport (DXB). Belonging to the globe's most glamorous city, our 5-star property offers matchless access to Dubai's famed business and commercial districts and popular local attractions like Deira City Centre, The Dubai Mall, Dubai Creek Golf and Yacht Club, Burj Khalifa and the Gold Souk.

**Members have the following membership privileges & access:**

- Gym
- Temperature Controlled Swimming Pools
- Fitness Pool
- Spa pool
- Jacuzzi
- Sauna
- Group Exercise Classes
- 40% discount\* on F&B at Warehouse and The Dubliner's, applicable to the cardholder and up to 6 guests. One card per table.
- 25% discount\*\* on F&B at Yalumba, Sukhothai, Long Yin, Beef Bistro, Latitude 25, Gourmandises, Jules Bar, Casa Mia, Bebemos and Bounty Beets, applicable to the cardholder and up to 10 guests. One card per table.
- 50% discount on selected spa treatments on Mondays and Wednesdays (excluding packages)
- 25% discount on spa treatments (excluding packages)  
*\*Additional terms & conditions apply: 40% discount not valid on spirit bottle purchases or on Draught Beer at any time. Discount not valid on promotional events, public holidays, and special occasions such as Christmas Eve, Christmas Day, NYE, Valentine's Day, Iftar, brunches, Happy Hour and any "all you can drink" concepts. Discount not applicable on takeaway orders, retail items and is exclusive of taxes. Reservation is required and your membership must be mentioned at the time of booking. A valid adv+ card must be presented before placing your order to avail the discount.*  
*\*\*Additional terms & conditions apply: 25% discount not valid on spirit bottle purchases or on Draught Beer at any time. No blackout days apply, but discount on special events, brunches and public holidays will only be extended to adults aged 21+. Discount not applicable on takeaway orders, retail items and is exclusive of taxes. Reservation is required and your membership must be mentioned at the time of booking. A valid adv+ card must be presented before placing your order to avail the discount.*

Gym: Daily 5 am to 12 midnight  
Spa: Daily 8 am to 10 pm  
Spa Pool: Mon-Sun 10:00 AM-8:00 PM  
Fitness Pool: Mon-Sun 9:00 AM-10:00 PM  
Courtyard Pool: Mon-Sun 9:00 AM-7:00 PM

Members AED 75 per adult Member's Visitors AED 105 per adult Children AED 50

The entrance is to the side of the hotel, towards the Conference Center. Sign in at the main reception of the club downstairs.



**OLYMPIA GYM SHARJAH**

Apollo Medical 1, Maleha St, Industrial Area 17, Sharjah

Olympia Gym is a leading gym in Sharjah providing a complete range of gymnasium exercises and facilities. We are fully equipped with more than 750 equipment that are advanced and belong to reputed brands. We provide specialized training to our members with our team of certified coaches. We have more than 30 coaches for group fitness sessions and 60+ personal trainers. Our fitness sessions provide the best results to all fitness enthusiasts based on their body needs and abilities.

**Members have the following membership privileges & access:**

- Access to full gym facilities
- Access to changing rooms, including any facilities within the changing rooms

Saturday to Thursday: 5 am to midnight daily  
Friday: 3 pm to 10 pm

AED 50 per person per visit. Club's Guest Fees T&Cs apply.

Gym reception.



**PRIME FITNESS JVC - DAMAC TOWER**

Damac Tower 108, Street Lazuard SW, JVC

Prime Fitness Gym in JVC is changing people's lives in a better way since 2017. We have a great collection of gym equipments from worldclass brands such as Matrix, Startek and Technogym, and internationally qualified trainers to assist and fulfills clients goal for getting in the best shape. In Prime Fitness it doesn't matter where you come from, what age you are, or what level your ability is - all are welcome. We invite you to discover your true potential and be inspired to raise it to unprecedented levels.

**Access to gym facilities**

- Access to locker facilities
- Access to group exercise classes; reservations are required in advance.
- 10% discount on personal training
- Free Wi-Fi
- **Guest Fees** AED 50 per person per visit. Club's Guest Fees T&Cs apply

Monday - Saturday: 6:00 AM to 12:00 AM  
Sunday: 7:00 AM to 10:00 PM

AED 50 per person per visit. Club's Guest Fees T&Cs apply.

At the reception desk as soon as you enter the gym.



**PRIME FITNESS JVC - SANDHURST BUILDING**

Sandhurst Building, Street 14, District 10, JVC

Prime Fitness Gym in JVC is changing people's lives in a better way since 2017. We have a great collection of gym equipments from worldclass brands such as Matrix, Startek and Technogym, and internationally qualified trainers to assist and fulfills clients goal for getting in the best shape. In Prime Fitness it doesn't matter where you come from, what age you are, or what level your ability is - all are welcome. We invite you to discover your true potential and be inspired to raise it to unprecedented levels.

**Access to gym facilities**

- Access to locker facilities
- Free Wi-Fi
- 10% discount on personal training
- **Guest Fees** AED 50 per person per visit. Club's Guest Fees T&Cs apply.

Monday - Saturday: 6:00 AM to 12:00 AM  
Sunday: 7:00 AM to 10:00 PM

AED 50 per person per visit. Club's Guest Fees T&Cs apply.

At the reception desk as soon as you enter the gym.



**RADISSON BLU AL AIN**

Al Sarooj District, Al Ain, United Arab Emirates

Set in exotic landscaped gardens, the Radisson Blu Hotel & Resort, Al Ain offers calm and respite in the heart of a vibrant city. The Garden City hotel offers contemporary rooms with views of one of the highest peaks in the United Arab Emirates, three inviting outdoor swimming pools, and an abundance of wellness experiences. A world of leisure awaits in this Al Ain hotel. Family-friendly leisure facilities include dedicated activities for children, expansive fitness facilities including spacious outdoor swimming pools, tennis courts, saunas, and more.

**Members have the following membership privileges & access:**

- Gym (largest among all hotels in Al Ain)
- Family pool with water slide
- 25-meter lap pool
- Kids paddle pool
- 4 tennis courts
- Squash court
- Steam and sauna
- Jacuzzi (male only)
- Kid's playground
- 2 table tennis

**Additional benefits for all Members:**  
20% discount on F&B at all Radisson Blu Al Ain managed restaurants: Paco's Bar, Palm Court Café, Clubhouse, Makani Café, Flavours Restaurant.  
F&B terms & conditions apply:

- Discount is applicable to the member plus 4 guests
- Not applicable in conjunction with other offers and discounts.

Health Club 6 am to 10 pm

The following guest fees apply:  
Weekday: 80 dhs per adult and 60 dhs per child  
Weekends: 105 dhs per adult and 95 dhs per child

Please check in at the Health Club reception.



**RIVA BEACH CLUB | THE PALM | DUBAI**

The Shoreline 8, The Palm, Dubai

**A beach club for the whole family!**  
 Located at the iconic Palm Jumeirah with stunning views of the Arabian Gulf, Burj Al Arab and the Downtown Skyline, we bring you a relaxed, vibrant, fun and friendly beach club where you can #SwimDineUnwind

**Members have the following membership privileges & access:**

- Access and use of a sun lounge on the beach and adjacent to the swimming pool (based on availability);
- Complimentary use of 1 towel per person;
- Access and use of the changing rooms and showers;
- Access permitted during public holidays.

**Additional discounts:**

- 25% discount on F&B. All guests under the age of 21 will not be permitted into the Ristorante unless accompanied by an adult. No guests under 21 will be served alcohol on the premises as per UAE laws and regulations. Discount is applicable for the member plus 3 guests; one card per table.

Daily 7am to 7pm

Adult guest pass rate for standard sun loungers:

- Weekdays: AED 65
- Weekends and Public Holidays: AED 90

Walk past the restaurant entrance and facilities. The check-in desk is located at the towel desk.



**SEVENTY FITNESS & SPA LOUNGE**

Al Taawun Street, Ground Floor of Sharjah Chamber Headquarters, Sharjah

**Members have the following membership privileges & access:**

- Fitness & Wellness Centre
- Exercise Studio
- Indoor temperature-controlled pool
- Jacuzzi
- Squash court
- Billiard lounge rooms
- Table tennis room
- Lounge & chess
- Seventy Refreshment area
- Sauna & Steam
- Lockers & changing rooms Prayer Room

- Ladies Timing: 7:30 am to 1:00 pm (no access on Fridays)
- Men Timing: 1:00 pm to 10:30 pm

The entry and use of Seventy Fitness & Spa Lounge are for persons of the age of 18 or above only.

**Men:**

- Adult (Monday to Thursday) - AED 100
- Adult (Friday to Sunday & Public Holidays) - AED 110
- Child under 12 years (Monday to Thursday) - AED 60
- Child under 12 years (Friday to Sunday & Public Holidays) - AED 75

**Women:**

- Adult (Sunday to Thursday) - AED 50
- Child under 12 years (Sunday to Thursday) - AED 35

*\*Please note that rates may change without prior notice. Kindly double check directly with the club.*

Inside the government building: Take a dedicated Club lift to the 1st floor from the parking area. If you enter from the main building entrance on the "ground floor", you will find the club entrance on the right-hand side corridor.



**SHARJAH GOLF & SHOOTING CLUB**

Sheik Mohammed Bin Zayed Road, Near Tasjeel Auto Village, Sharjah

The Club opened its doors on November 2005, under the auspices of His Highness Dr. Sheikh Sultan Bin Mohammed Al Qassimi, Member of the Supreme Council and Ruler of Sharjah, and has been growing ever since.

**Members have the following membership privileges & access:**

- Mixed gym
- Ladies only gym
- Group fitness classes, aerobic classes
- Recreation facilities (swimming pool, tennis courts)

**Additional benefits apply:**

- 20% discount\* on F&B on a la carte items only
- 35-50% discount\* on golf green fees at the Golf Club
- 20% discount\* on golf tuitions at the Golf Club
- 10-15% discount\* on shooting rounds at the Shooting Club
- 10-20% discount\*\* on all Altitude The Spa Services "a la carte" spa menu

*\*Sharjah Golf & Shooting Club terms & conditions apply.  
 \*\*Discount is not applicable on weekends and Eid*

7 days a week – 6am to 11pm

- Adults 40 AED
- Children 30 AED

**Membership notes:**  
 Adults-only membership, children's entrance is chargeable.

For all activities, please sign-in at the main reception.



**SHERATON SHARJAH BEACH RESORT & SPA**

Al Muntazah St, Al Heerah Suburb Al Muntazah, Sharjah

Sharjah's favourite seaside resort. The Sheraton Sharjah Beach Resort & Spa is the city's top seaside gathering place for extended vacations, short getaways, local dining and social events. Our resort also features three unique suites. Leisure facilities include a private beach, two pools, a fitness center and versatile wedding and conference facilities. Young travelers will find the supervised kids club and pool a dynamic space, while adults can retreat to the extensive signature Shine Spa for a range of holistic treatments.

**Members have the following membership privileges & access:**

- Private Beach
  - Swimming Pools
  - Fitness Center
  - Locker/changing rooms
  - Kids Club (for ages 4-12 years)
  - Splash Zone for children
- Additional benefits for all members:**
- 20% discount in the restaurants and lounges of the hotel: Al Qubtan, Marasea, Arjwan, Link@Sheraton café, Pool Bar, Al Mahattah Cigar Lounge
  - 20% discount on the spa treatments at the Shine spa
  - 20% discount on personal training sessions
  - 20% discount on group exercise classes and swimming classes
  - 50% discount on nanny access
- Terms & Conditions apply:**
- Restaurant operating hours are subject to change without notice
  - PT and Spa must be booked in advance

Gym: 6am - 11pm  
Pool: 7am - 8pm  
Beach: sunrise to sunset

20% discount on public guest rates  
Public Guest Rates:  
Weekend AED 175 per adult and AED 85 per child,  
Weekdays AED 125 per adult and AED 65 per child  
\*Please note that the hotel sometimes runs promotions on guest rates which may be lower; Adv+ members can avail the promotional rate as well.

Pool desk, access from the G level.



**THE RETREAT PALM MALLERY BY SOFITEL | DUBAI**

East Crescent, The Palm Jumeirah, Dubai

Come and discover the perfect balance of holistic wellbeing and Dubai's vibrant energy at the region's first 5-star family-friendly wellness resort. As is characteristic of MGallery 'Serenity' properties within its portfolio of over 100 hotels, the philosophy of wellness runs throughout the hotel and inspires guests to live a healthier and more sustainable lifestyle in an alcohol-free environment. The beachfront destination houses 255 picturesque rooms and suites, all designed with natural elements.

**Members have the following membership privileges & access:**

- \*Please note that advanced booking is necessary to visit this club. See Check-In for full details.**
- Temperature controlled swimming pool
  - Kids swimming pool & splash area
  - Kids club for two hours (AED 90 per hour per child inclusive of VAT and taxes afterwards)
  - Fully equipped functional indoor and outdoor gym (mixed gym and female gym available, subject to availability)\*\*
  - Tennis courts - orange type (free access with own equipment, chargeable rentals)
  - Wet facilities are subject to availability (sauna, steam and jacuzzi)\*\*
- \*\*Please note that children under 16 years of age are not allowed to use the gym or wet facilities (gym, sauna, steam and jacuzzi)**
- Additional benefits:**
- 25% discount at Vibe - lunch and dinner
  - 20% discount on wellness retreat programs

- Gym - 6am to 10pm
- Pool - 8am to 8pm
- Beach - 9am to 6pm

**Pool & Beach access only:**

- AED 200 weekday/AED 250 weekend and public holidays per adult per visit (inclusive of VAT and taxes)
- AED 100 per child per visit (inclusive of VAT and taxes)

All guest access is subject to availability and the Club's Guest Fees T&C's apply.

All members are required to book a spot up to 48 hours in advance and receive email confirmation from Rayya Recreation to confirm sunbed availability before visiting the property: Email HA9Q6-TH9@ACCOR.COM with the following information:

- Guest name
- Adv+ membership number
- Date and estimated time of visit
- Number of adults and kids
- Age of kids

When the member has received email confirmation, they can visit and must register their name in the logbook upon arrival. Sign in is at the towel desk close to the pool area, when you walk straight through the hotel towards the beach area. The staff will then provide available sunbeds as per guest preference. No-shows will be reported to Parasol Loyalties. Parasol Loyalties will remove access for any Members that shows a behavior of repeated no-shows with no cancellation.

CLUBS CLUB OVERVIEW MEMBER ACCESS & PRIVILEGES OPENING HOURS GUEST FEE INFORMATION



**THE RITZ-CARLTON | DUBAI INTERNATIONAL FINANCIAL CENTRE**

Gate Village DIFC, off Sheikh Zayed Rd, Dubai

**FITNESS CENTER**  
Registered guests enjoy complimentary access to the spacious, light-filled Fitness Center, featuring an array of free weights, weight machines, and cardio equipment with TVs by LIFE FITNESS® equipment. Guests can also enjoy a direct access to the heated indoor swimming pool. One-on-one personal training is available to either guide you through an exercise routine or design a personalized program for you to take home and follow on your own. This includes nutritional information and body composition tests to go with the training programs.

**Members have the following membership privileges & access:**

- Gym access with world-class equipment by Matrix
- Pools (indoor and terrace, outdoor pool)
- Spa Facilities ( steam and sauna )
- Lockers and dressing area

**Additional benefits for all Members:**

- 20% discount on the spa treatments
- **Personal Training** (Private Class available)
- AED 255 per session for members
- 20% discount applies from 10 classes and above

**Important:** clubs access is only for 21 and above

- Bookings are required

Monday - Sunday  
Spa Facilities: 9 am - 10 pm  
Spa Treatments: 10 am - 11 pm (last treatment 9:45 pm)  
Gym: 7 am - 10 pm  
Indoor Pool: 7 am - 10 pm  
Outdoor Pool: 7 am - 7 pm

AED 100 per visit

Enter the main reception and use the guest lifts on your right. The gym & indoor pool are located on the first floor. Take a right from the lifts, and walk all the way down the corridor.



**TORONTO BODY BUILDING**

Showroom No 3, The Grand Avenue, Nasseriya, Sharjah

Get the most from your gym time. From setting goals to customizing your workouts, our personal trainers draw on proven strategies to ensure you're moving in the direction you want. Or check out our small group training program and team up with your gym mates to achieve results.

**Members have the following membership privileges & access:**

*Ladies gym:*

- Cardio Zone
- Resistance Machines
- 2 Exercise Studios
- Group classes (Yoga, Cardio, Aerobics, Zumba etc.)
- Lockers, Showers

*Men's gym:*

- Cardio Zone
- Heavy-duty Resistance Machines (HOIST)
- CrossFit Rig
- Healthy Food Pantry
- Steam Room & Sauna
- Lockers, Showers
- Group classes

**Additional benefits:**

- 10% Discount on Personal Training
- 10% Discount on Food and Beverages
- 20% Discount on Gym Accessories (Belt, Gloves, Wraps, Etc...)

- Saturday-Thursday 6am - 11pm
- Friday 2pm - 10pm

Adults - AED 25 per visitor

Two separate entrances for ladies and gents: Gents: entrance is via the main club reception. Ladies gym access: entrance is at the back of the building.



**UFC GYM BUSINESS BAY**

Dubai - Business Bay P Floor - Building 1 Al Asayel St Dubai, United Arab Emirates

**TRAIN DIFFERENT.**  
We are the original. The world leader. The trail-blazer of MMA-inspired fitness. Rooted in authenticity, we are an extension of the Ultimate Fighting Championship® and proud to make the training programs and benefits of elite MMA athletes accessible to all, regardless of age or athletic ability.

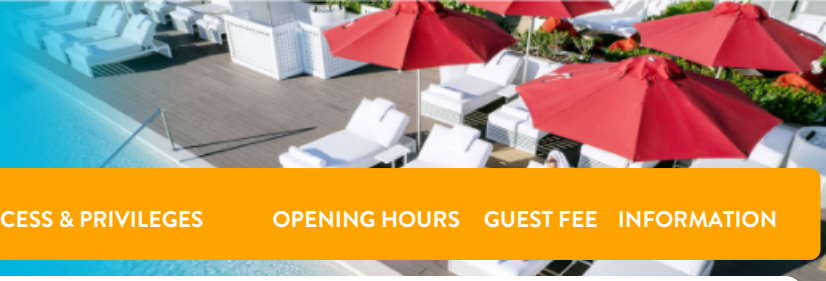
**Members have the following membership privileges & access:**

- Access to all gym facilities
- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

Gym: 5:30 AM to 11:00 PM

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



CLUBS	CLUB OVERVIEW	MEMBER ACCESS & PRIVILEGES	OPENING HOURS	GUEST FEE	INFORMATION
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### UFC GYM JBR

Jumeirah Beach Residence Murjan 6

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**Members have the following membership privileges & access:**

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- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

5:30 AM to 11:00 PM Daily

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



### UFC GYM MAQTA, ABU DHABI

2nd floor AFSCOOP, Maqta Mall

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**Members have the following membership privileges & access:**

- Access to all gym facilities
- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

5:30 AM to 11:00 PM Daily

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



### UFC GYM MBZ, ABU DHABI

Mohamed Bin Zayed City Retired Military Personnel Association

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**Members have the following membership privileges & access:**

- Access to all gym facilities
- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

5:30 AM to 11:00 PM Daily

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



### UFC GYM ONE CENTRAL

One Central, Dubai World Trade Centre

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**Members have the following membership privileges & access:**

- Access to all gym facilities
- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

5:30 AM to 11:00 PM Monday to Friday 7AM to 9PM Saturday & Sunday

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



### UFC GYM SILICON OASIS

Silicon Central Mall, Silicon Oasis

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**Members have the following membership privileges & access:**

- Access to all gym facilities
- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

5:30 AM to 11:00 PM Daily

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



**UFC GYMS MIRDIF HILLS - LADIES ONLY**

Mirdif Hills Avenue - 78th St

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**Female members have the following membership privileges & access:**

- Access to all gym facilities
- Access to all classes
- Access to lockers & changing facilities
- Access to youth classes for children ages 4 to 15. For more details on the Youth Program, and to see a class schedule, visit <https://www.ufcgym.com/classes/youth>

5:30 AM to 11:00 PM Daily

AED 105 per person per visit. Club terms & conditions apply.

Reception at the Main Entrance



**YOGA ASHRAM STUDIO | JLT**

1504, 15th Floor, Jumeirah Bay X3 building, Jumeirah Lake Towers, Dubai

Yoga Ashram is a Yoga Studio & Yoga School founded by three visionary ladies. Over the years, Yoga Ashram has served thousands of clients and collaborated with hundreds of instructors. We serve clients of different ages and stages with a mission to make real yoga easy for all.

Join any\* group sessions. Choose from up to 10 classes per day. Classes also available for children ages 5 to 12 years. Children above 13 years are welcome to join the adult classes. Children must be registered on your membership to enjoy the classes, otherwise guest charges apply. \*Excluding: Iyengar class

**Additional benefits for all members:**

- 10% discount on our short-term workshops
- 10% discount on our Physiotherapy Treatments
- 10% discount on our Private Yoga and Fitness Yoga Sessions

Group Class Age Groups: 5 to 12 years old, 13 to 50 years old  
Weekdays: 7am - 8:30 pm  
Weekends: 7:30am - 6:30 pm

AED 50 per person per class. \*\*\*Up to 2 pax only.

The main entrance of the studio



**ZABEEL HOUSE BY JUMEIRAH THE GREENS | DUBAI**

The Onyx Tower 3, Sheikh Zayed Rd, Dubai

Native Club  
A fully equipped gymnasium with state-of-the-art equipment offering an indoor and outdoor functional training zone.

**Members have the following membership privileges & access:**

- Native Club: Indoor & outdoor gym
- Outdoor pool (Bookings are required)


**Additional benefits for all Members:**

- 20% discount at Native Club Organic Spa
- 15% discount at Social Company
- 15% discount at LAH LAH

Gym: 6 am - 9:30 pm  
Pool: 8 am - 6 pm

Adults - AED 75  
Adults only membership, children under 18 years old are not allowed in the club

3rd floor Native Club Gym Reception



**ZERO GRAVITY | DUBAI**

Dubai Marina, Skydive Dubai Drop Zone, King Salman Bin Abdulaziz Al Saud St, Dubai

Stroll along our pristine beach and feel the sand between your toes before enjoying a dip in the azure waters of the Arabian Gulf. Soak up the sunshine on a plush sun lounge or relax in a private cabana with a cool cocktail. When your appetite kicks in, choose from our a la carte menu or our specials.

**Members have the following membership privileges & access:**

- Beach access
- Pool access
- Changing rooms
- Sun lounges (\*T&Cs apply)
- complimentary bottle of water per visit (500ml)

**Additional benefits for all members:**  
Brunch offers:  
Friday: AED 199  
Saturday: AED 299  
Sunday: AED 249

**Age limit:**  
This club access is for adults above 21 years only.

**Important!!**  
Club access for all members on Friday, Saturday and Sunday is conditional on purchasing the F&B Package (brunch); free access is unavailable.

Daily - 10am to 6pm

- Monday-Thursday AED 50 per person, fully redeemable for F&B (except for items on offer)
- No Guest access on Fri, Sat & Sunday

Main reception at the entrance.