

Annual Health Club Membership Prices

Kuwait

Updated: June 2008

Al Manshar Rotana, Fahaheel	
Bodylines	
Family (2 adults + 2 children 6-12 yrs)	500
Single Female	350
Single Male	400
Only Gym & Health Club Facilities	
Single Female	250
Single Male (under 16 yrs not allowed)	300

Crowne Plaza, Nautilus Fitness Center, Farwaniya	
Open 24 hours/365 days per year, temperature controlled outdoor pool, separate gym for ladies with sauna, Jacuzzi & steam room. Separate sauna, Jacuzzi & steam room for men. Body building area with free weights & machines. Cardio area w 150+ machines with TVs and DVD players. Interactive bicycle w/internet access, 4 squash courts, free aerobics classes, 15% discount on all restaurants in Crowne Plaza hotel Kuwait, access over 500 clubs worldwide, free valet parking.	
Regular	325

Elysium, Sharq	
Squash, tennis, beach, pool (ladies hours indoor/outdoor), gyms (separate only men & women), steam room, Jacuzzi. Enormous amount of treatment services: Hair, hands & feet, massage, Chinese medicine, etc. Classes include aerobics, tai bo, Tai chi, martial arts, yoga	
As of June 2008: Closed for repairs and renovation. Will re-open after completion (estimated 6 months)	

Hilton, Hiltonia Beach Club, Mangaf	
Cardiovascular and weight machines (no separate sections for males & females), tennis, use of therapeutic pool in spa, outdoor pool, beach, water sports, kids club, Classes: Latin Dance, Tai Chi, swimming, Tae Kick, aerobics, Pilates, stretch	
Single Male	475
Single female	430
Couple (husband & wife)	710

Note: Discounts for multiple memberships

Holiday Inn, Salmiya

Temperature controlled outdoor pool, Cardio vascular exercise machines with TVs. Weight lifting/body building area. Separate Sauna, Steam and Jacuzzi. Aerobics classes free to members.

Couple – 19 months	475
Single (Male or female) 19 months	275
Single (male or female) 16 months	250
6 month rate	225
Personal training	50
Child (4-7)	50
Child (8-13 yrs)	100
Child (14-15 yrs)	150

JW Marriott, Sharq

Fully equipped gym, indoor swimming pool & Jacuzzi. Steam room, sauna and cold plunge pool, 25% on all treatments offered at the club.

Select Memberships (complimentary monthly massage, manicure/pedicure)	
Couple	1100
Single Female	700
Single Male	800
Club Memberships	
Couple	900
Single Female	475
Single Male	575
Corporate Membership Fees	
Number of cards 2, Number of persons 6	1200
Number of cards 3, Number of persons 9	1800
Number of cards 4, Number of persons 12	2400
Number of cards 5, Number of persons 15	3000

Kuwait Sea Sport Club, Salmiya

Swimming pool, accessible beach, barbecue areas. No gym available.

Family	212
Family renewal	85
Individual	104
Individual renewal	45

The Palms Beach Club, Salwa

3 outdoor pools for adults, 2 outdoor pools for kids, indoor pool, beach, volleyball court, tennis, water activities, treadmill, cardiovascular and weight machines, separate section for women, aerobics, 3 indoor squash courts, dive center.

Family (Husband, Wife, 1 child 5-11 yrs)	925
Single Female	600
Single Male	720
Children (0-4 yrs)	FREE
Child (5-11 yrs)	95
Child (12-17 yrs)	140
Husband & Wife	850
Group Discounts	Discount
5-10 employees	10%
11 – 19 employees	15%
20+ employees	20%

Ramada, Riggae

Weight room, aerobics, swimming pool, steam & Sauna. Open 24 hrs/day

Individual membership	180
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SAS Royal Viking Club, Salwa

Outdoor pool & baby pool (temperature controlled). Private beach w kids playground. Watersports (water skiing, sailing, windsurfing, banana boat). Beach volleyball court. Indoor SPA pool w jet streams. Fitness center (life fitness & nautilus equipment). Female only fitness center. Exercise studio (aerobics, marital arts, yoga, ballet). 2 squash courts. 1 table tennis room. Sauna, steam bath, Jacuzzi. Male & female massage. Club restaurant.

Couple (7 days)	810
Couple (5 days)	610
Single Female (7 days)	490
Single Female (5 days)	390
Single Male (7 days)	590
Single Male (5 days)	490
Child 1-4 yrs	Free
Child 4-16 yrs (7 days)	90
Child 4-16 yrs (5 days)	70
Child 16-20 (with parents) (7 days)	250
Child 16-20 (with parents) (5 days)	225
10 - 19 memberships (7 days/week)	
Couple	690
Single Female	460
Single Male	540
Child 1-4 yrs	Free
Child 4-16 yrs	70
Child 16-20 (with parents)	100
Child 20-24 (with parents)	220
20 + memberships	
Couple	670
Single Female	430
Single Male	500
Child 1-4 yrs	Free
Child 4-16 yrs	60
Child 16-20 (with parents)	90
Child 20-24 yrs (w parents)	210

Ladies-Only Health Clubs

Al Fatat Sports Club, Khaldiya	
Ladies Only Volleyball, basketball, palomino, karate, taikwondo, tennis. No gym is available. No pool available.	
20 years old & above (Quarterly)	20
18 and below (Quarterly)	10

Champions - Ladies, Jabriya	
2-level fitness center. 2 indoor pools. Indoor running track. Multiple running machines with TVs. Steam room. Squash courts. Outdoor tennis court.	
1 Month	150
3 Months	250
6 Months	350
1 year	450

Flex - Ladies, Bneid Al Gar	
Jacuzzi, steam room, 2 pools, aqua aerobics, swimming lessons, 2 squash studios, tennis, aerobics, spinning, cardio room w individual satellite/DVD/TV, 2 weight rooms, yoga, pilates, tai chi, yogalates classes, dancing classes (Hawaiian, Arabic, Latino), appraisal program	
One Day Visit	15
1 Month	150
3 Months	320
6 Months	450
1 year	575
Family (2 people)	920