



CROWNE PLAZA®

AN IHG HOTEL

VINH YEN CITY CENTRE



# FITNESS MEMBERSHIP PROGRAMME

*Work hard, workout in-style*

# WORK HARD WORKOUT WORKWELL IN-STYLE

Stay energized and feel balanced with options designed to work around your schedule. We can help you seize the day - or unwind from the day - with fitness facilities to help you keep your healthy routine.



# FACILITIES

## Gym

Our spacious state-of-the-art gym is fully equipped with the German brand AnyFit and the renowned global fitness brand ZIVA, promising to provide you with a whole new exercising experience. For non-staying guests, we offer monthly, quarterly, and yearly membership programs. To experience our exceptional facilities and practice with our experienced PTs, don't miss out on our 2-day trial program.

## Fitness Studio

The spacious fitness studio is filled with natural lights and omnidirectional loudspeakers that produce a motivating musical soundstage to work out. Here you can practice Yoga, Pilates, or Zumba with our experienced instructors.



## Swimming Pool

The outdoor swimming pool features a whirlpool, sunbeds, and umbrellas. Towels are provided free of charge. Relax at the juice bar, in the dry/steam sauna rooms, or in our jacuzzi tubs to complete your powerful recharge session.

## Jacuzzi & Sauna

Jacuzzi tubs (hot and cold) and sauna rooms (steam and dry) are available in both male and female changing rooms. Make the most out of your workout sessions by relaxing your body, softening your muscles, and stimulating blood flow for a better recharging effect.

## RATE TARIFF

PROGRAMME	12 months rate	06 months rate	03 months rate	01 month rate
Individual membership	14,000,000	7,200,000	3,850,000	1,800,000
Couple membership	24,700,000	13,800,000	7,200,000	3,200,000
Family or Group membership (maximum 04 people)	45,500,000	24,000,000	13,200,000	5,600,000

*Rates are in VND. Rates are inclusive of a 5% service charge and 10% VAT*

### All rates include:

- Daily use of all-seasons swimming pool from 7.00 AM – 7.00 PM
- Daily use of gym and fitness studio for 24 hours
- Daily use of jacuzzi and sauna from 6.30 AM – 9.30 PM
- Join weekly yoga class

### Special offer for 12-months membership:

- Complimentary 1 hour of body massage
- Discount 20% for all spa treatments during 12 months of membership

For any further information, please feel free to contact us:

**NGUYEN VAN VINH | 0904 275 319**

Fitness Manager

FITNESS CENTRE & POOL

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