



AN URBAN WELLNESS OASIS

Embark on a journey to wellness at The Ritz-Carlton, Millenia Singapore.

Designed to enliven the senses through evoking the true essence of the ocean and its healing benefits, the award-winning Ritz-Carlton Spa offers exclusive La Mer facials and signature massage experiences.

Achieve your fitness aspirations at the state-of-the-art Ritz-Carlton Gym with a variety of High Intensity Interval Training

For Wellness Membership enquiries, please contact **(65) 6434-5226** or email rc.sinrz.fitness@ritzcarlton.com

(HIIT), TRX Suspension Training, cardiovascular endurance, weight training, and group exercise classes.

Our members enjoy weekday pool access, exclusive use of The Ritz-Carlton Spa facilities including the sauna, steam room and Jacuzzi, as well as attractive hotel dining and spa privileges.

WELLNESS MEMBERSHIP PACKAGES

Member Benefits	1 Month	6 Months	12 Months
	Vitality	Resilience	Resilience Plus
Gym Hours of Accessibility	24 hours	24 hours	24 hours
Complimentary Parking*	✓	✓	✓
Pool Access Monday through Friday	✓	✓	✓
Complimentary Laundry of Gym Gear	✓	✓	✓
Additional 10% Privilege on Couple Membership	✓	✓	✓
15% Privilege at all F&B outlets**	✓	✓	✓
25% Privilege on Spa Treatments^	✓	✓	✓
25% Privilege on The Ritz-Carlton Logo Retail Items	✓	✓	✓
One Professional Health and Fitness Assessment		✓	✓
Option to “Freeze” Membership		✓ <i>(Up to 21 days)</i>	✓ <i>(Up to 30 days)</i>
Complimentary 60 min Spa Body Treatment^		✓ <i>(1 session)</i>	✓ <i>(2 sessions)</i>
One Additional Complimentary Month of Membership With Every Successful Referral#			✓

* One complimentary parking coupon per visit. Subject to a maximum of 20 per month.

** Valid for dine-in only, and excluding Shiraishi Restaurant. Not applicable to promotional menus, set menus and Colony Vintage Champagne Brunch. Not valid in conjunction with credit card privileges or vouchers, and during the eve of and on Public Holidays.

^ Excluding La Mer Facials and Body Treatments.

Not applicable in conjunction with additional 10% privilege on couple membership.

PERSONAL TRAINING PACKAGES

In partnership with Physique, The Ritz-Carlton Gym offers certified personal trainers to assist you in achieving your personal fitness goals.

Physique uses an effective system called M.E.T (Movement Efficiency Training) in its training programmes. Recognising the impact that the brain can have on physical performance, M.E.T. is a coaching system that strives to synchronise the brain with the body to improve emotional and cognitive function, while simultaneously developing a fitter and stronger body. This in turn improves overall function and performance in many arenas of life.

Personal training sessions start from SGD 125 per hour. Personal training packages are available.

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