



HEALTH CLUB & SPA



## STAY FIT IN STYLE

JW's Health Club & Spa combines traditional JW Marriott hospitality with every imaginable amenities to provide a luxurious way to stay healthy and fit.

The 20,000-square-foot JW's Health Club & Spa occupies the entire 6th floor of the JW Marriott Bangkok, affording members unbounded space and freedom of movement. With its expansive gym overlooking the outdoor pool, members enjoy a tropical garden view while staying fit and firm.

- Tone up with our Life Fitness and Cybex weight resistance and cardiovascular machine with personal TVs.
- Learn from our expert trainers who offer 37 classes weekly on everything from Yoga, Aerobics and Zumba to Pilates, Aqua fitness, Thai Boxing and Yogilates.
- Warm up or cool down in the large wet room with sauna, steam, hot whirlpool and cold plunge.
- Indulge in limitless complimentary towels, luxuriate in the elegant changing rooms with individual lockers, and unwind with friends in the relaxation room and juice Bar.
- Get pampered with our luxurious spa treatment and massage therapies, from body scrubs and wraps, facials, foot baths and hand treatments to waxing, manicures and pedicures.

## MEMBER PRIVILEGES

- 30% discount voucher for spa treatments
- 20% discount on spa treatments
- 20% discount on food & non-alcoholic beverages in hotel restaurant (4 persons maximum)
- 20% discount on Bangkok Baking Company (4 persons maximum)
- 30% discount on laundry & dry cleaning
- Free parking while at the Health Club & Spa (6 hours maximum)

### JW's Health Club & Spa

6<sup>th</sup> Floor, JW Marriott Bangkok, 4 Sukhumvit Soi 2, Klongtoey, Bangkok 10110

Open daily from 5:30am to 11:00pm

For further information, please call 0-2656-7700, ext. 4472  
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or visit [marriott.com/bkkdt](http://marriott.com/bkkdt)