

HEALTH CLUB

AT SHANGRI-LA

Training Programs

Personal Training

One hour session of fitness coaching with the Health Club's team of internationally-certified instructors. Explore your fitness and health journey under expert supervision from sports training, strengthening, boxing lessons, and core conditioning.

Single session	2,000
12 sessions	19,200
36 sessions	38,880

Tennis Academy

Get ready to serve up aces and sign up for a full body sports workout in the fun outdoors. Sign up now for private instruction and experience the distinction of the Health Club's full range of professional tennis program instruction.

Single session	1,800
3 sessions	4,500
10 sessions	14,800

Others

Use of the Health Club swimming pool and tennis courts are strictly for the use of Health Club members and hotel guests only. Members are entitled to bring one (1) guest at the Health Club fitness centre and three (3) guests at the tennis courts on weekdays only, subject to prevailing guests fee charges.

Member's Guest Fee	2,000 per visit
Children's access limited to swimming pool facilities only	

Tennis Court Rental	
Day - 6am to 5pm	600 per hour
Night - 5pm to 10pm	800 per hour

Above rates are in Philippine Peso (PHP) and are inclusive of all applicable government taxes. Rates may be subject to change without prior notice.

EDSA SHANGRI-LA, MANILA

1 Garden Way, Ortigas Centre, Mandaluyong City 1650 Philippines
Tel +63 2 8633 8888 Email manilaedsa@shangri-la.com
Website www.shangri-la.com