



Tel: +4021 403 0900
Fax: +4021 403 0907
administratie.grand@worldclass.ro
www.worldclass.ro



Calea 13 Septembrie 90, 050726
Bucharest 5, Romania
Tel: +4021 403 0000
Fax: +4021 403 0001
JWMarriottBucharest.com

World Class History

World Class is a world wide provider of premium fitness. The company was founded by Mr. Ulf Bengtsson in Stockholm, Sweden in 1983. The first World Class fitness clubs helped paved the way for the health club industry in Sweden. World Class Romania has a 10 years history in the fitness and lifestyle field with 8 clubs all over the country and many more under project in vast and luxurious locations.

World Class offers everything within the field for individuals and corporate fitness. Members and guests are guaranteed the highest quality in service and instruction within a safe and friendly environment. The company's international staff consists of some of the world's most skilled aerobic instructors and advisors in strength training.

Become a member and

- Improve your lifestyle
- Save money on your medical insurance
- Great energy for you to spend the rest of your day
- Spend time with your kids at the pool - Special program for kids under 12
- Access to the program you choose
- Be part of club activities
- Network and meet new friends
- Relax and unwind
- Get in great shape
- Start a new life

Services

- ✓ *Group Training*
- ✓ *Strength and personal training*
- ✓ *Pool and jacuzzi*
- ✓ *Squash*
- ✓ *Massage and spa treatments*

Group Training



Many forms of training is most suitable in groups and with the help of an instructor. World Class has replaced the traditional aerobics with a mix of group classes that satisfies most needs – everything from yoga and kick-boxing to dance aerobics and strength- and cycling classes.

For well-trained to un-trained, for young and for old, we promise there is a class just for you. Our group trainings do not only help motivating people but they are also carefully developed to provide maximum effect and to minimize the risk for injuries.

Strength and personal training



Strength training is an important component of a balanced fitness program, providing great benefits as: increasing strength of bones, muscle and connective tissue, decreasing risk of injury, increased muscle mass and enhancing quality of life.

A safe strength training combined with cardiovascular and flexibility training will give you the benefits of a complete fitness program.

World Class has Romania's most skilled and experienced Personal Trainers who can help you get started or help you reach a whole new level in your training. Our Personal Trainers will make sure that you will get the most out of your training time.

Your Personal Trainer can help you with everything from nutrition and diets to an individualized training program. And most importantly, a Personal Trainer is next to you during the whole training session. Partly to make sure that you exercise correctly but also to motivate you to reach a whole new level in your training – all to help you get amazing results.

Pool and jacuzzi



Let go of your worries and take time to think about yourself.

Breathe, relax and open your senses. The pools at **World Class** is not only for exercising, it is also a place of contemplation, beauty and harmony, where you can unwind and find renewed energy, personal growth and strength for everyday life – a peaceful oasis that promotes wellbeing.

Squash



Welcome to
At World Class Health Academy the Grand we have three squash courts of international standard. Lessons are provided by our squash pros and it is also possible to arrange corporate events or leagues here.

Massage and spa treatments



It's not only the body that gets a treat at **World Class**. Your soul should also benefit from your membership. Our clubs is a refuge from the stress of your everyday life. It is a place where you can come and relax and regenerate your energy.

World Class is proud to offer you professional Spa services that will make you feel as beautiful as you are. Our treatments include a wide range of massages, facials, body treatment and much more.