



JW MARRIOTT®  
DUBAI

Griffins  
HEALTH CLUB

#### GRIFFINS HEALTH CLUB

After a long day of business or sightseeing, relax with a leisurely swim or indulge in our signature spa treatments at the health club. Our unrivaled leisure facilities, including our rooftop pool and Jacuzzi, international standard squash courts, not to mention an extensive range of treatments and massages, are bound to make your body rejoice. Qualified trainers with extensive equipment and personal training knowledge are on hand to cater to your needs.

#### Health Club Facilities:

Weight Training Gym

Planet Cardio

2 Squash Courts

2 Massage Rooms

Table Tennis

Indoor/Outdoor Jacuzzi

Steam and Sauna Rooms

Roof Top Swimming Pool

Juice Bar

Complimentary Towel Use and Locker Service



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## Massage Services

For sheer personal indulgence, our onsite spa facilities offer a delightful menu of massages and health treatments to rejuvenate body and mind. Providing a restorative refuge and adding another layer of enjoyment and sophistication to our guest's overall vacation experience.

### Sea Escape Hot Stone Therapy AED 350

This rejuvenating 90 minute treatment restores your body's yin-yang balance by utilizing both hot and cold sea stones. Various sized stones of different temperatures are placed on your body's key pressure points to release tension.

### Therapeutic Full Body Massage AED 250

We offer a variety of massage techniques during this 50 minute full-body option, including stress reduction, relaxation and deep tissue detoxification. Our skilled masseurs will design the ideal combination to suit your requirements.

### Express Back, Neck and Shoulder Massage AED 150

After a long flight or stressful day, this 30 minute massage technique alleviates tension in the back, neck and shoulders.

### Express Scalp, Neck and Shoulder Massage AED 90

An ideal stress buster, this 15 minute massage will leave you feeling invigorated and revived.



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# Group Fitness Schedule

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
7:00pm		H.I.I.T		Belly Dancing		
8:00pm	Pump the Jam		Step Aerobics	H.I.I.T	Pump the Jam	Hi-Lo Aerobics
9:00pm	Ketsugo	Aikido		Aikido		Ketsugo

\*Please be punctual for all classes

\*Bookings for classes should be made in advance

\*Appropriate clothing must be worn at all times

\*All classes are for suitable for both beginners and advanced levels

\*Special group classes can be arranged at different timings (minimum 5 participants) and advanced booking is required.

## Group Fitness Rates:

Members AED 30 per class

Non-Members/Guests AED 40 per class

Members AED 300 (10 classes + 1 free)

Members AED 450 (15 classes + 2 free)

Non-Members/Guests AED 400 (10 classes + 1 free)

Non-Members/Guests AED 600 (15 classes + 2 free)

Ketsugo & Aikido AED 40 per class

Aikido AED 200 (6 classes)



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# Membership Rates

<b>Full Membership</b>	<b>12 months</b>	<b>6 months</b>	<b>3 months</b>	<b>1 month</b>
Single Adult	3800	2800	1800	800
Couple	5500	4000	3000	1500
Children (4-15 years)	1200	800	500	300
<b>Off Peak Membership</b>	<b>12 months</b>	<b>6 months</b>	<b>3 months</b>	
Single Adult	2800	1800	1200	
Couple	4000	3000	2200	
Children (4-15 years)	900	600	400	
<b>Swimming Pool Membership</b>	<b>12 months</b>	<b>6 months</b>		
Single Adult	2800	1800		
Children (4-15 years)	1200	800		

All prices are quoted in UAE Dirhams



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Temporary Membership (available for a member's guest on a valid visit visa)	1-7 days	8-14 days	15-21 days	22-28 days
Single Adult	280	560	700	800
Couple	450	850	1000	1500

**Corporate Membership**

(Rates available subject to completion of a Corporate Membership Application Form (Please refer to management for more information))

Daily Guest Fees (any day of the week)		Member's Guest
Adult	100	80
Children (4-15 years)	60	50

**Additional Services:**

Please ask our receptionist for more information about the following:

Swimming Lessons, Squash Lessons, Personal Training,  
Power Stretching, Fitness Assessments, Martial Arts (Karate & Aikido)

For more information, please contact :

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