



Tbilisi Marriott Hotel  
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## Health Club



**Joining our Health Club will help you relax after a stressful day in a friendly and comfortable atmosphere where you can enjoy State-of-Art equipment and Sauna.**

**Health Club is open daily from 7 am to 11 pm.**

At Tbilisi Marriott Health Club you can enjoy the following equipment:

**Strength Equipment:**

1. Lat pulldown
2. Overhead press
3. Phone leg curl
4. Abdominal
5. Leg extension
6. Leg press
7. Vertical chest
8. Compound row

**Cardio Equipment:**

1. Run Track
2. Stepper
3. Elliptical trainer
4. Recumbent Bike
5. Upright bike
6. Indoor rower

Different Weights starting form 2.5 kg  
Medicine scales in the lockers



You can have a daily entrance for 30 GEL or you can save money in case you sign up for:

	<b>INDIVIDUAL</b>	<b>Massage Benefits</b>
One Month	GEL 180	-
Three Months	GEL 500	10% discount on each massage
Six Months	GEL 950	1 free massage
One Year	GEL 1700	1 free and 10% discount on each massage

Your spouses can have the opportunity of getting fit with 10 % discount.

**Experience a relaxing, therapeutic, pain relieving, refreshing massage with a bioenergetic charge there is no necessity of being a health club member. Our expert Masseuse is available daily by appointment from 8:00 am to 22:00 pm.**

**General (Full Body) Massage is only 75 Gel\*.  
\* Every 5<sup>th</sup> massage is complimentary**

**Please call the Health Club  
for an appointment and for more information.**

*\*All prices are quoted in Georgian Lari and subject to 18 % VAT.*

