

# TIDE UP FITNESS



## Tide Up Fitness Membership

Tide Up Fitness invites you to get fit at a price that is easy on your wallet with many special offers from today until the 30th of June 2017.

### New member\*

- > Sunset Member: 3-month membership (6,000 Baht per person)
  - Free package with private trainer
- > Blue Sky Member: 6-month membership (normal price of 10,000 Baht per person)
  - Free! One month membership
  - Free package with private trainer
- > Sunshine Member: 12-month membership (normal price of 18,000 Baht per person)
  - Receive a 20% discount on the package, down to a price of 14,400 Baht per person only
  - Free package with private trainer
- > Super Sunshine Member: (a 12 month membership with 1 year spa membership normally costs 26,000 baht/person)
  - Receive a 30% discount on the package, down to a price of 18,200 Baht per person only
  - Use benefit to Spa & Salon worth 10,000 baht.
  - Free package with private trainer

### Existing member/ At least 2 new members

- > Sunshine Member: 12-month membership (normal price of 18,000 Baht per person)
  - Receive a 30% discount on the package, down to a price of 12,600 Baht per person only
  - Free package with private trainer
- > Super Sunshine Member: (a 12 month membership with 1 year spa membership normally costs 26,000 baht/person)
  - Receive a 30% discount on the package, down to a price of 18,200 Baht per person only
  - Use benefit to Spa & Salon worth 10,000 baht.
  - Free package with private trainer

### The Tide Privileges Member/ Samutra Spa&Salon Membership/ and Government Official Card from any unit

- > Sunshine Member: 12-month membership (normal price of 18,000 Baht per person)
  - Receive a 30% discount on the package, down to a price of 12,600 Baht per person only
  - Free package with private trainer
- > Super Sunshine Member: (a 12 month membership with 1 year spa membership normally costs 26,000 baht/person)
  - Receive a 30% discount on the package, down to a price of 18,200 Baht per person only
  - Use benefit to Spa & Salon worth 10,000 baht.
  - Free package with private trainer

\*Every member will receive a personal trainer program from Tide Up Fitness's staff who are on duty during time of visit.

\* The Tide Resort reserves the right to change any promotion conditions without prior notice.

## Free!! Personal Training

Conducting your exercise program with a personal trainer offers you an opportunity to be closely looked after and your exercise to be more effective. You can choose your own exercise program from a list we provide for example, weight-loss program, increased body strength or body building.

# Tide Up Coupon

(For non-membership customers)

- Fitness +Swimming Pool costs 300 baht (Adult/visit)
- Swimming Pool costs 150 baht (children under 10 years old only)



## Exercise Class Schedule

DATE \ TIME	6:30 A.M. 8:00 A.M.	9:00 A.M. 10:00 A.M.	6:00 P.M. 7:00 P.M.	7:00 P.M. 8:00 P.M.
SUNDAY				
MONDAY				Step Aerobic
TUESDAY			Aerobic	
WEDNESDAY			Yoga	Fitball
THURSDAY			ABS	
FRIDAY				
SATURDAY				

**Step Aerobic** Exercising to the pace of music with exercising tools helps you to burn fat and increase the effectiveness of your heart and blood circulation system and preventing heart and blood pressure diseases.

**Aerobic** Oxygen can be burned more effectively by moving your body with the music joining guarantees fun. This is easy for all exercise beginners.

**Yoga** Exercise and increase your muscles by practicing concentration through Yoga movement and controlling your breathing is available for customers of all ages.

**Fit-Ball** This kind of modern sports exercise emphasizes the strength of all body muscles. A ball is used to help you exercise in a fun and challenging way.

**ABS** It is an exercise that helps to reduce unwanted fat and build abdominal muscles. It exercises upper, middle, lower, and sides of your abdomen, with some music in the background.

Tide Up Fitness opens every day from 06.00-22.00.

Swimming pool opens every day from 07.00-20.00.

For more information, please contact Tide Up Fitness Tel. 0-3839-9200 ext 8708