



# 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 31st December 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

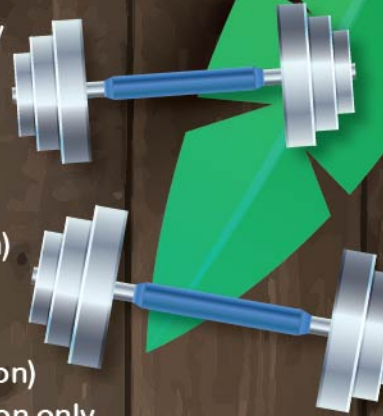
- > Sunshine Member: 12-month membership (normal price of 18,000 Baht per person)
  - Receive a 30% discount on the package, down to a price of 12,600 Baht per person only
  - Free package with private trainer
- > Super Sunshine Member: (a 12 month membership with 1 year spa membership normally costs 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

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  - 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)



## Yoga Class

Every Wednesday from 18.00-19.00 come and enjoy our Yoga Class that will help to manage muscles while concentrating on posture, movement and breath-taking for all ages by experienced trainers.



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

