



# 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 of December 2018.

### 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

### For every type of fitness membership,

you can enjoy endless privileges from The Tide Resort such as

- Discount on room rates
- > Stay in New Superior on Sunday-Thursdays for just 2,200 Baht and Friday-Saturday for 2,700 Baht from the original price of 4,944 Baht
- > Stay in New Deluxe on Sunday-Thursdays for just 2,700 Baht and Friday-Saturday for 3,200 Baht from the original price of 6,121 Baht (Except on long weekend and public holiday)
- > Stay in Premier Suite on Sunday-Thursdays for just 6,800 Baht and Friday-Saturday for 8,200 Baht from the original price of 15,301 Baht.
  - Receive 20% off every spa menu (except Spa Packages and Spa Products) at Samutra Spa & Salon
  - Receive 10% discount on services at Fusion Cuisine, Club Sea Coffee & Bar and The Tide Bakery & Cafe (except promotional food and beverages)

\*Please be informed that the discount promotion for room booking is available only on normal weekdays and weekends.

\*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.



# 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