

# Chuan Spa

## Health Club Memberships

Chuan Spa at The Langham, Auckland is a haven for contemplation, renewal, relaxation and wellbeing.

The exclusive Chuan Spa and Health Club provides state-of-the-art health and fitness facilities including 12.36 metre outdoor swimming pool and gymnasium with the latest Italian designed TechnoGym cardio and weight training equipment. Member facilities include herbal steam rooms, saunas, snail showers and his and hers locker and change rooms with vanity areas, complimentary towel service and hair dryers.

### Personal Training

Your trainer will conduct an assessment of your health, lifestyle and personal training goals to design the specific strength, cardio and flexibility programme for you. In addition to a comprehensive flexibility and strength training an exercise programme will be designed with nutritional advice to help you achieve maximum results within the minimum amount of time.

Individual personal training is priced from \$85 per session.

### Fitness Studio

The well equipped fitness studio consists of the latest Techno Gym cardio equipment featuring individual 15" LCD TV screens with iPod technology. It also includes a new line of strength machines from Techno Gym, free weights, Swiss ball resistance and a stretch area.

### Pool

Enjoy the fresh air while taking a relaxing swim in our 12.36 metre outdoor heated swimming pool. Or unwind in our Jacuzzi after a vigorous workout.



## Health Club Membership

Chuan Health Club offers three exclusive wellbeing membership programmes; Chuan Horizon, Chuan Corporate, and Chuan Escape Membership.

Membership Type	Chuan Horizon	Chuan Corporate	Chuan Escape
Membership Level	Individual or Couple	Corporate(5 pax +)	Individual or Couple
Duration	12 months	12 months	12 months
Access to Health Club	24hrs	24hrs	Off Peak*
Personal training session	1	1	1
Guest Passes to the Health Club	4	2	4
One hour complimentary spa treatment	2	1	1
Discount on spa treatments	15%	15%	15%
Discount on spa products	10%	10%	10%
Discount in hotel restaurants and bars	15%	15%	10%
Complimentary valet parking per visit	3hrs	3hrs	2hrs

\*Off Peak hours are Sunday to Friday 9.00am to 5.00pm.

For more details about our Chuan Health Club memberships, including terms and conditions and pricing, please contact a Chuan Spa Concierge. Couples memberships are also available.



### The Langham, Auckland

83 Symonds Street, PO Box 2771, Auckland 1140, New Zealand

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[www.chuanspa.com](http://www.chuanspa.com)

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# Health Club Membership



## Chuan Horizon Member

\$1820 per annum or \$160 per month  
– Unlimited 24 Hour Access

## Chuan Corporate Member (for 5 or more people)

\$1,400 per annum or \$125 per month per person  
– Unlimited 24 Hour Access

## Chuan Escape Member

\$940 per annum or \$85 per month  
– Off Peak – Sunday - Friday 9.00am - 5.00pm

Join as a couple and you will each receive a 10% discount off the Chuan Escape and Chuan Horizon memberships.

## Joining fee at all levels

\$199

All memberships are for a twelve month duration.

Personal one on one training sessions are available from \$85 per session.  
Appointments are essential.

## Special Health Club Opening Offer

Enrol and pay before the opening date and we will give you an additional month free.

Enrol and pay before opening as a Chuan Horizon Member and we'll also give you a \$150 voucher to use in any restaurant or bar at The Langham, Auckland.