


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 a 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. Nutritional advice will also 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 Aqua, Chuan Facility and Chuan Fitness.

Membership Type	Chuan Aqua	Chuan Facility	Chuan Fitness
Membership Level	Individual	Individual or Group (3 pax+)	Individual or Group (3 pax+)
Duration	12 months	6 or 12 months	6 or 12 months
Access to Health Club	NA	24hrs	24hrs
Personal Training	NA	1	1 per month
Guest Passes to the Health Club	6	6	12
One hour complimentary spa treatment	NA	1	2
Discount on spa treatment	15%	15%	15%
Discount on spa products	10%	10%	10%
Discount in hotel restaurants and bars	10%	10%	10%
Discount on single PT session	NA	10%	30%
Discount on PT packages 5 or more sessions	20%	30%	50%

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



The Langham, Auckland

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