

HEALTH CLUB 22ND FLOOR



INTERCONTINENTAL®
BUCHAREST

DISCOVER THE SECRET OF INNER PEACE, AT THE 22ND FLOOR

An indoor pool, with an open air terrace, overlooking the city, where you can dry up and bask in the sun.

A fully equipped fitness center with personal trainer which can help you achieve your best results.

Jacuzzi, a wide choice of massages plus dry and wet sauna.

You can find all these at the Health Club 22nd Floor.

To top it all, the spectacular view over the city will bring you peace and a sense of perspective.



SWIMMING POOL & JACUZZI



DIVE IN RECREATION

A relaxation oasis, that's the feeling you experience, sitting by the pool with a complimentary refreshment, enjoying the spectacular view.

It's the ultimate urban escape. The pool terrace overlooks the University Square, offering a stunning view of the city skyline. Inside, our Jacuzzi is the heart of the spa experience.

Hydrotherapy or warm-water massage promotes relaxation and you can also feel energized, depending on how you adjust the jet stream.

Relax, in the Jacuzzi, watching the city at your feet.

If you are in for a more sportive swim style you can turn on the stream feature of our pool.



SPA & MASSAGE



CHOOSE YOUR TIME, CHOOSE YOUR RELAXATION

Take a break from your busy schedule and let yourself be pampered.

Enjoy the quiet moments in the wet or dry sauna or treat yourself to a relaxing massage! Surely, you will feel as good as new.

The Health Club offers Asian therapies, aromatherapy, detoxifying and anti-aging treatments as well as therapeutic, relaxation and reflexology massages.

Come up to the Health Club 22nd Floor and choose your favorite massage! We have comforting discounts waiting, to let you fully relax and enjoy!

Special Offers

	Members	Non Members
1 session	10%	Regular rate
10 sessions	15%	10%
20 sessions	20%	15%

The discount is applicable only for selected massages.



FITNESS CENTER



STAY ON TOP OF YOUR HEALTH

There is nothing more relaxing than exercising while admiring the fascinating beauty of an ever changing city.

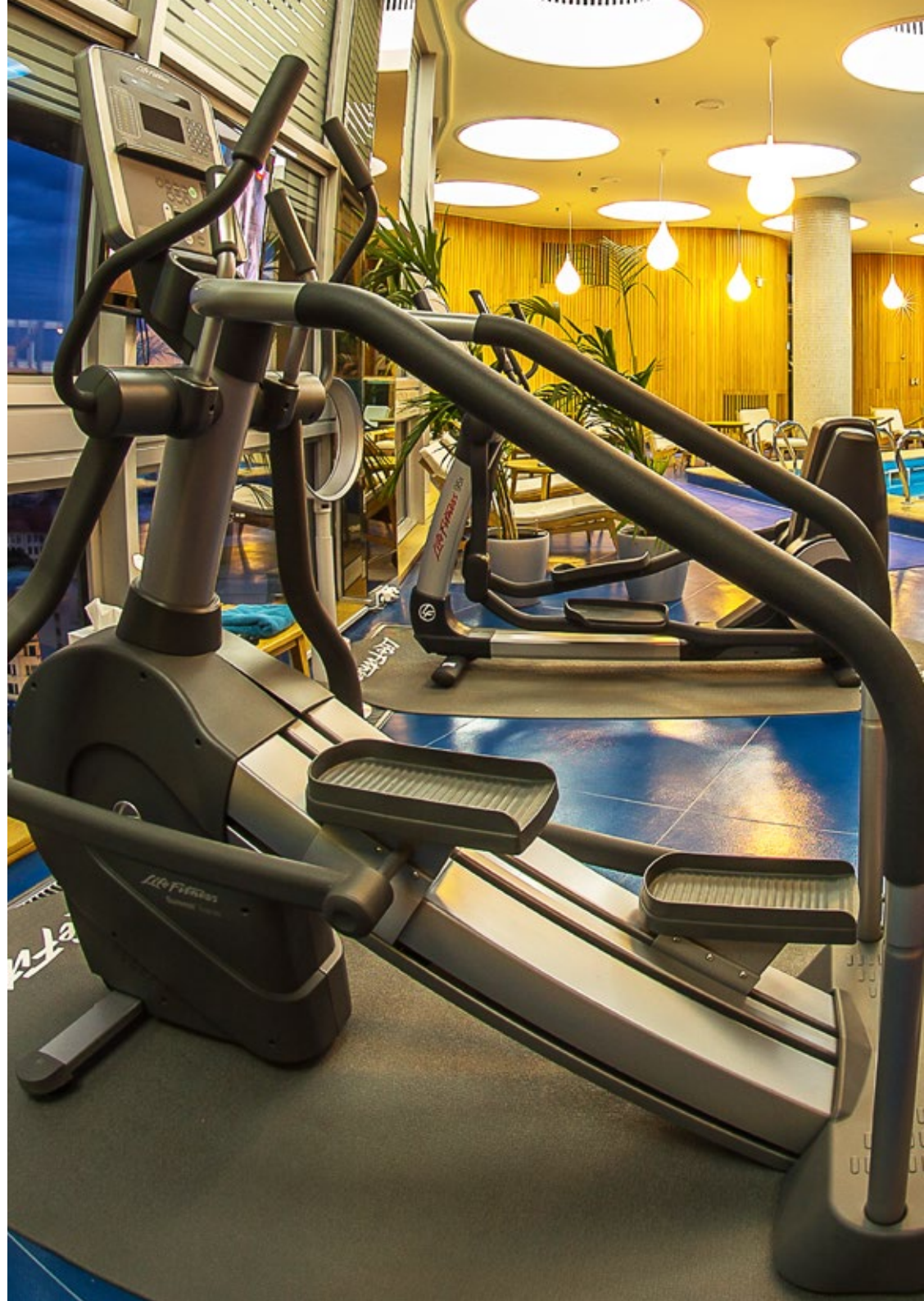
Outfitted with Life Fitness equipment, the fitness center features cardio equipment, free weights and strength training stations. So, no matter your fitness routine, you can create the perfect exercise combination.

And if you want to get in your best shape faster, get your personal trainer and enjoy individualized programs especially suited to meet your needs.

Personal Training*

	Members	Non Members
1 session	120	150
10 sessions	1000	1200
20 sessions	1600	2000

* One session lasts 60 minutes.
Rates are in RON, including VAT.



INTERCONTINENTAL® BUCHAREST HEALTH CLUB 22ND FLOOR RATES

Membership Rates*	1 MONTH			3 MONTHS			6 MONTHS			12 MONTHS		
	Single	Couple	Child*	Single	Couple	Child*	Single	Couple	Child*	Single	Couple	Child*
Full time Mon - Sun 06:00 - 22:00	600	900	300	1350	2150	650	2250	3600	1100	3600	5100	1800
Day time Mon - Sun 06:00 - 17:00	500	800	250	1150	1950	550	1800	3200	900	2700	4600	1350

* Rates are in RON, including VAT

* Child rate is applicable for kids from 5 to 16 years old. From 16 years old, adult rate is applicable

* For group and corporate rates, please contact the Health Club Manager

MEMBERSHIP BENEFITS

1. One complimentary 60 minutes Aromatherapy massage for 12 months membership and 30 minutes for 6 months membership
 2. 10 % discount on selected Spa treatments
 3. 12 F&B vouchers, for 12 months membership/ 6 F&B vouchers for 6 months membership and 3 F&B vouchers for 3 months membership
 4. 12 guests passes, for 12 months membership/ 6 guest passes for 6 months membership and 3 guest passes for 3 months membership
- * Guest passes & F&B vouchers are granted per membership, not per person
5. Complimentary consumption from the swimming pool bar: tea, flavoured water, fruits
 6. Possibility to freeze the membership for up to 30 days (for 12 months membership) and 15 days (for 6 months membership)
 7. Complimentary fitness assessment and fitness program (for 6 and 12 months membership)
 8. 20 % discount on daily access rates, for family and friends

Health Club Daily Rates*	Single	Couple	Child
Weekday Monday to Friday	100	180	50
Weekend Saturday, Sunday & Public Holidays	150	250	75

* Rates are in RON, including VAT

* Child rate is applicable for kids from 3 to 16 years old. From 16 years old, adult rate is applicable

INTERCONTINENTAL® BUCHAREST

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