



LIFESTYLE MEMBERSHIPS

**FAIRMONT QUASAR
İSTANBUL**



FAIRMONT LIFESTYLE MEMBERSHIPS encompasses a selection of lifestyle choices for the Fairmont guest to suit the needs of their everyday lives.

The Lifestyle membership invites you to be a member of the **FAIRMONT QUASAR ISTANBUL** and focuses on all elements of well-being including state-of-the-art fitness facilities with the latest equipment and gadgets, a nurturing spa environment to escape and pamper yourself as well as a selection of food and beverage venues to suit all your needs.

At **FAIRMONT** we understand the importance of exercise in our daily life. Our gym & fitness center is built to ensure our guests have a comfortable space to use the best fitness equipment. Our dedicated personal trainers are available to assist with all

AS A VALUED MEMBER YOU WILL ENJOY THE FOLLOWING BENEFITS:

- Relaxation areas
- Use of the indoor pool
- Introductory personal training sessions
- Use of facilities which includes indoor pool, changing rooms, steam, sauna and fitness center.
- Priority to all group classes - booking in advance is required
- Privileged pricing on lifestyle offers include spas, retail and restaurants

The fitness center is open daily from 7am until 10pm and is located on the lower ground level.

YOU CAN CHOOSE FROM FOUR TYPES OF MEMBERSHIPS:

Type	1 Year	6 Months	3 Months	1 Month
Single	√	√	√	√
Couple	√	√		





ANNUAL MEMBERSHIP

As a new member joining Fairmont Quasar Istanbul, your membership will include the following benefits.

- Access to spa facilities which includes indoor pool, steam, sauna and fitness center
- Priority to all lifestyle classes - booking in advance is required
- 1 x fitness assessment
- 2 x personal training sessions
- 1 x reveal skin analysis
- 2 x 60 minutes spa treatments
- 20% discount on spa treatments
- 15% discount on hotel restaurants
- Best available rate on **Fairmont Quasar Istanbul** room rates
- 6x guests day passes annually only for indoor pool, steam, sauna and fitness center
- Invites to **Fairmont Quasar Istanbul** events

SIX MONTHS MEMBERSHIP

- Access to spa facilities which includes indoor pool, steam, sauna and fitness center
- Priority to all lifestyle classes - booking in advance is required
- 1 x fitness assessment
- 1 x personal training session
- 1 x reveal skin analysis
- 1 x 60 minutes spa treatments
- 20% discount on spa treatments
- 15% discount on hotel restaurants
- 3x day passes within six months only for indoor pool, steam, sauna and fitness center
- Invites to **Fairmont Quasar Istanbul** events





ONE-TO-ONE TRAINING

LIFESTYLE AND WELL-BEING CLASSES

Fairmont Quasar Istanbul offers a selection of classes to help challenge your workout and achieve your goals. Below are a few of the options available to you with your membership. There is an additional charge for some of the classes marked below.

PERSONAL TRAINING Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching, and group activities. Allow our personal trainers to help you create a customised program, aimed at balancing physical activity with relaxation.

***additional charges apply**

PAVIGYM® Pavigym is one of the newest trends in fitness offering an interactive workout that's challenging but fun. Pavigym creates a specific area for Functional Training based upon spatial references on the floor. You have to see it to understand it but we definitely recommend giving this a try.

***additional charges apply for private classes.**

PILATES Our Pilates class focuses on strengthening the core postural muscles which help keep the body balanced and are essential for providing support to the spine.

***additional charges apply for private classes**

YOGA The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energise and restore the mind. Our certified instructors at Willow Stream Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.

BOSU WORKOUTS A BOSU ball is a fitness training device, used for balance and stability training. This combination of stable/unstable allows a wide range of users, from the young, elderly, or injured to the elite level athlete and is great for building the core muscles.

KILLER ABS Flatten your belly with our killer abs classes which combines fat-burning cardio with moves that target your entire core rather than individual muscles so you’ll burn more fat while toning up.

MEDITATION Learning to meditate can significantly improve your life. Our meditation program is designed to alleviate stress, lower blood pressure, and promote your general well-being.





YOGA CLASSES

TERMS AND CONDITIONS OF MEMBERSHIP AND BENEFITS:

1. Neither the hotel its owners nor any employee can accept responsibility or liability for any injury, fatality, and damage caused or lost to any person or property. All the guests entering into the resort and using the facilities do so at their own risk.
2. Acceptance of an application for membership or the renewal of the existing membership is at the absolute discretion of the hotel.
3. **Fairmont Quasar Istanbul** memberships are non-refundable and non-transferable; cancellations of memberships will result in the forfeiture of fees. Memberships cannot be frozen at any time during the annual or 6-month membership period.
4. Access to the membership is available for members only and your identification card must be available at time of check-in. Members without ID will not be allowed to utilize the facilities.
5. Personal belongings are brought onto the premises at the member's risk and the hotel does not accept liability for any loss or damage whatever to such items. For security reasons members and guests are advised to store personal belongings and valuables in the lockers, which are provided for the convenience of Members.
6. Property left on the hotel premises (other than in a place allocated) shall be stored in our housekeeping department and if unclaimed after six months, be deemed abandoned and disposed of without notice to the owner by the hotel.
7. Members are not permitted to bring personal trainers into the gym. Fully qualified personal trainers are available at the gym and may be booked at the reception.
8. Discounts are not applicable on packages or already discounted promotions or retail products.
9. Minimum age for members is 16 years of age, anyone younger than this must be with an accompanied adult or supervisor.



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Single	√	√	√	√
Couple	√	√		

RATE CARD

Type	1 Year	6 Months	3 Months	1 Month	1 Day Pass
Single	18900 TL	13000 TL	7140 TL	2900 TL	500 TL
Couple	32900 TL	23800 TL			
Personal Training 60 minutes	450 TL				

Children up to 6 years free, 7 years above 50% discount on single price, 16 years above full price

POOL MEMBERSHIP

Type	1 Year	6 Months
Single	13000 TL	8400 TL

Includes outdoor and indoor pool entrance.

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