



GYM MEMBERSHIP

AT COMO METROPOLITAN BANGKOK

Choose COMO Shambhala Urban Escape at COMO Metropolitan Bangkok as your wellness and fitness sanctuary in the heart of the city. Our facilities feature state-of-the-art Life Fitness exercise equipment – perfect for innovative cardio and strength workouts.

MEMBERSHIP OPTIONS AND INCLUSIONS

The gym and changing rooms are open daily from 6.00am to 10.00pm

PRICE LIST	DAY PASSES	ONE MONTH	THREE MONTHS	SIX MONTHS	TWELVE MONTHS
SINGLE	THB 2,999	THB 7,600	THB 22,000	THB 40,000	THB 70,000
COUPLE	THB 5,799	THB 14,500	THB 40,000	THB 75,000	THB 130,000

BLOCKS OF DAY PASSES	PRICE	VALID FOR
Block of 5	THB 13,999	One month
Block of 10	THB 27,999	Three months

DAY PASSES	SINGLE	COUPLE
• Access to the gym and facilities (lockers, steam room and hydrotherapy pool)	√	√
• Access to swimming pool	√	√
• 75-minute COMO Shambhala treatment for one person	√	√
• Set lunch at glow for one person	√	√
• Free parking	√	√
ONE MONTH MEMBERSHIP	SINGLE	COUPLE
• Access to the gym and facilities (lockers, steam room and hydrotherapy pool)	√	√
• Access to swimming pool	√	√
• One-time 30-minute COMO Shambhala head, shoulder and back massage	√	√
• Complimentary daily yoga classes according to hotel schedule	√	√
• Exclusive rates on COMO Shambhala treatments	10 per cent*	10 per cent*
• Free parking	√	√
THREE MONTH MEMBERSHIP	SINGLE	COUPLE
• Access to the gym and facilities (lockers, steam room and hydrotherapy pool)	√	√
• Access to swimming pool	√	√
• One-time 30-minute COMO Shambhala head, shoulder and back massage	√	√
• Complimentary daily yoga classes according to hotel schedule	√	√
• Exclusive rates on COMO Shambhala treatments	10 per cent*	10 per cent*
• Free parking	√	√
SIX MONTHS MEMBERSHIP	SINGLE	COUPLE
• Access to the gym and facilities (lockers, steam room and hydrotherapy pool)	√	√
• Access to swimming pool	√	√
• One-time 30-minute COMO Shambhala head, shoulder and back massage	√	√
• Exclusive rates on COMO Shambhala treatments	30 per cent*	30 per cent*
• Exclusive rates on COMO Shambhala products	10 per cent*	10 per cent*
• Exclusive rates at glow restaurant	30 per cent*	30 per cent*
• Complimentary laundry service for gym wear (maximum of four pieces per day)	√	√
• Three guest passes	√	√
• Complimentary daily yoga classes according to hotel schedule	√	√
• Free parking	√	√
TWELVE MONTHS MEMBERSHIP	SINGLE	COUPLE
• Access to the gym and facilities (lockers, steam room and hydrotherapy pool)	√	√
• Access to swimming pool	√	√
• Exclusive rates on COMO Shambhala treatments	30 per cent*	30 per cent*
• Exclusive rates on COMO Shambhala products	10 per cent*	10 per cent*
• Exclusive rates at glow restaurant	30 per cent*	30 per cent*
• Published rate for additional room reservations	20 per cent*	20 per cent*
• Complimentary laundry service for gym wear (maximum of four pieces per day)	√	√
• Complimentary daily yoga classes according to hotel schedule	√	√
• Two 60-minute COMO Shambhala Signature massages	√	√

• Complimentary yoga mat	√	√
• Five guest passes	√	√
• Heritage Set Lunch at nahm for two	√	√
• One night's accommodation in a Metropolitan room, inclusive of daily breakfast for two	√	√
• For every new member referred: Hotel credit of THB 3,000 to use on dining or accommodation (excludes COMO Shambhala products)	√	√
• Free parking	√	√

***Discount is applicable to rates per member, exclusive of taxes and service charge.**

FITNESS EQUIPMENT

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| <ul style="list-style-type: none"> • Life Fitness Treadmills 95T • Life Fitness Signature Cable Motion Dual Pulley CMACO • Life Fitness Signature Series Multi-ADJ Bench SMAB • Life Fitness Signature Series Chin Dip Leg Release SCDLR • Life Fitness Signature ADJ Decline Abdominal Bench SADB • Life Fitness Signature Series Back Extension SBE • Life Fitness Signature Dumbbells 2-20 KGS PHD1000 • Life Fitness Series Pulldown • Life Fitness Series Row • Power Plate Pro 5 Model • Stretch and yoga mats | <ul style="list-style-type: none"> • Life Fitness Cable Motion Crossover CMACO • Life Fitness Elevation Recumbent Lift Cycle 95R • Life Fitness Elliptical Cross Trainer 95X • Life Fitness Life Cycle GX Group Exercise Bike/Console • Life Fitness Life Cycle GX Group Exercise Rower • Life Fitness Series Leg Extension • Life Fitness Series Leg Curl • Life Fitness Series Shoulder Press • Life Fitness Series Chest Press • Fitness balls • Foam rollers |
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FACILITIES

- Male and female changing rooms
- Towels and bottled water
- Lockers and showers
- Headphones to use with the entertainment systems
(with channels covering news, sports, music and entertainment)
- COMO Shambhala amenities
- Steam rooms
- Disposable robes, underwear, shower cap and slippers

We would be more than happy to show you around to introduce our gym and facilities.



COMO
METROPOLITAN
BANGKOK

To make an appointment, please contact:
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