



Exhale Spa

Exhale Spa is located on the 4th floor and offers a range of therapeutic massages, aromatherapy and reflexology treatments to suit all needs.

Our signature massage

Asian Wellness Massage: This is a gentle full body massage, increasing the oxygen flow in the blood and releasing toxins from the muscles. It stimulates the skin and nervous system, reduces stress, both emotional and physical and helps to relax muscles and relieves the tension.



Timings

Gym	Pool	Spa
6:00 - 23:00	7:00 - 22:00	10:00 - 22:00

For more information, please visit us at Exhale Gym & Spa or call +971 4 702 7096

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Exhale Gym & Spa

leave the rest to us™



RAMADA®
JUMEIRAH HOTEL



Exhale Gym

When work, stress and travel take their toll - let it all out at Exhale Gym.

Exhale Gym is one of the trendiest gyms in Dubai. The facility is fully equipped with state of the art LIFE FITNESS® Cardio Vascular equipment along with LCD monitor and touch screen technology, powerful iPod video capability, USB connectivity and charging with virtual trainer. The gym features a Strength Zone, Core Zone, Cardio Zone and a Free Weight Zone. In addition the facility offers an outdoor temperature controlled swimming pool, a pool bar, a steam room, sauna and a jacuzzi is also available.

A variety of membership options, treatments and special discounts are available for Exhale Gym & Spa members.

Membership Benefits

As a member you will enjoy the following privileges:

- Full use of Health Club & Swimming pool
- 20% discount on massage treatments
- 20% discount on Food & Beverage, outlets including: Sama Café, Ginger, Cuisines and Docks Pub
- 20% discount on entrance fee for member's guest



Membership Requirements

- Agreement to the Exhale Gym & Spa terms & conditions
- Payment of agreed membership fees
- 2 passport size photographs and passport copy

Loyalty Discount

- 10% discount will be offered for membership renewals

Membership Entrance

	1 year	6 months	3 months	1 month
Single	3200	1900	1400	750
Couple	5000	3200	2200	1300
Family*	7000	4400	3200	2000

**Family membership includes 2 adults and 2 children below 12 years old
All prices are inclusive of 10% municipality fees and 10% service charge*

Daily Entrance Fee

	Weekdays	Weekends & Public Holidays
Single	90	110
Couple	150	180
Child	55	75

