

# MODNRIAN

MODNRIAN SEOUL ITAEWON  
FITNESS CLUB



# FITNESS CLUB

## MONDRIAN SEOUL ITAEWON

We'd like to welcome you to the Fitness Club of Mondrian Seoul Itaewon, the lifestyle hotel brand of Accor, the number one global hotel group in Asia.

Here at Mondrian Seoul Itaewon, we understand that health and wellness are the foundation of a successful and productive life. With this in mind, we have designed and created a range of fitness facilities to strengthen your body, relax your mind, and awaken vitality in your daily life.

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FITNESS CLUB

## FITNESS CLUB MEMBERSHIP

- Individual Member, Family Member, Corporate Member

### CLUB MEMBERSHIP

Period	Age of Entry	Note
2 years	65 years or younger	Returning the deposit after 2 years.
	* Re-enrollment is available by approval after the first expiration No lifetime membership program	

### ANNUAL MEMBERSHIP

1 year	65 years or younger	No Deposit
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## MEMBERSHIP BENEFITS

- Available on all facilities of Fitness Club  
Gym, G.X Room, Pilates equipment, Indoor Golf Range, Indoor Pool, Sauna
- Two guests can be invited per member (Additional admission fee)
- Five Altitude Pool admission tickets for two people
- 10% DC best available rate for the room reservation
- 10% DC for Food menu at Cleo, Blind Spot, Rumpus Room
- 10% DC for Drink menu at Cleo, Blind Spot, Rumpus Room
- 10% DC for Food & Drink of Event / Meeting Space at Mondrian Seoul Itaewon
- 4 Hours of complimentary parking





GYM



## GYM

The fitness club, a space that adds vitality to life, is equipped with Technogym's state-of-the-art cardiovascular and free weight equipment, and also runs systematic personal training by professional trainers.

### BUSINESS HOUR

6 am - 10 pm

Closed on the First Tuesday of Every Month

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## G.X & PILATES ROOM

In the G.X room, there are various programs and member-only facilities that add fun to your exercise. We also offer high quality Pilates equipment and lessons from professional Pilates trainers. Whether you want to get your heart racing or work on your core, there is something in the schedule for you.

### BUSINESS HOUR

6 am - 10 pm

Closed on the First Tuesday of Every Month



G.X & PILATES ROOM

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## GOLF RANGE

Work on your golf swing at our four-screen swing analysis system and special golfing room. Experience 10 courses in the golf room and 150 courses in our virtual golf enclosures. Golf club rental services are available and you can also book training sessions with a professional golf coach. As a members-only facility, you can focus on your form in a very private atmosphere without worrying about distractions or who might be wandering past.

### BUSINESS HOUR

6 am - 9 pm

Closed on the First Tuesday of Every Month

## SAUNA

Mondrian Seoul Itaewon has a variety of spa facilities to help relax and restore you to your physical and mental best. These include private standing and sit-down showers, and a dry sauna relieving you of the fatigue of the day and giving you the time to recharge and refresh. Travel can take its toll on the body, so Mondrian Seoul Itaewon offers the tools you need to prioritize your wellbeing.

### BUSINESS HOUR

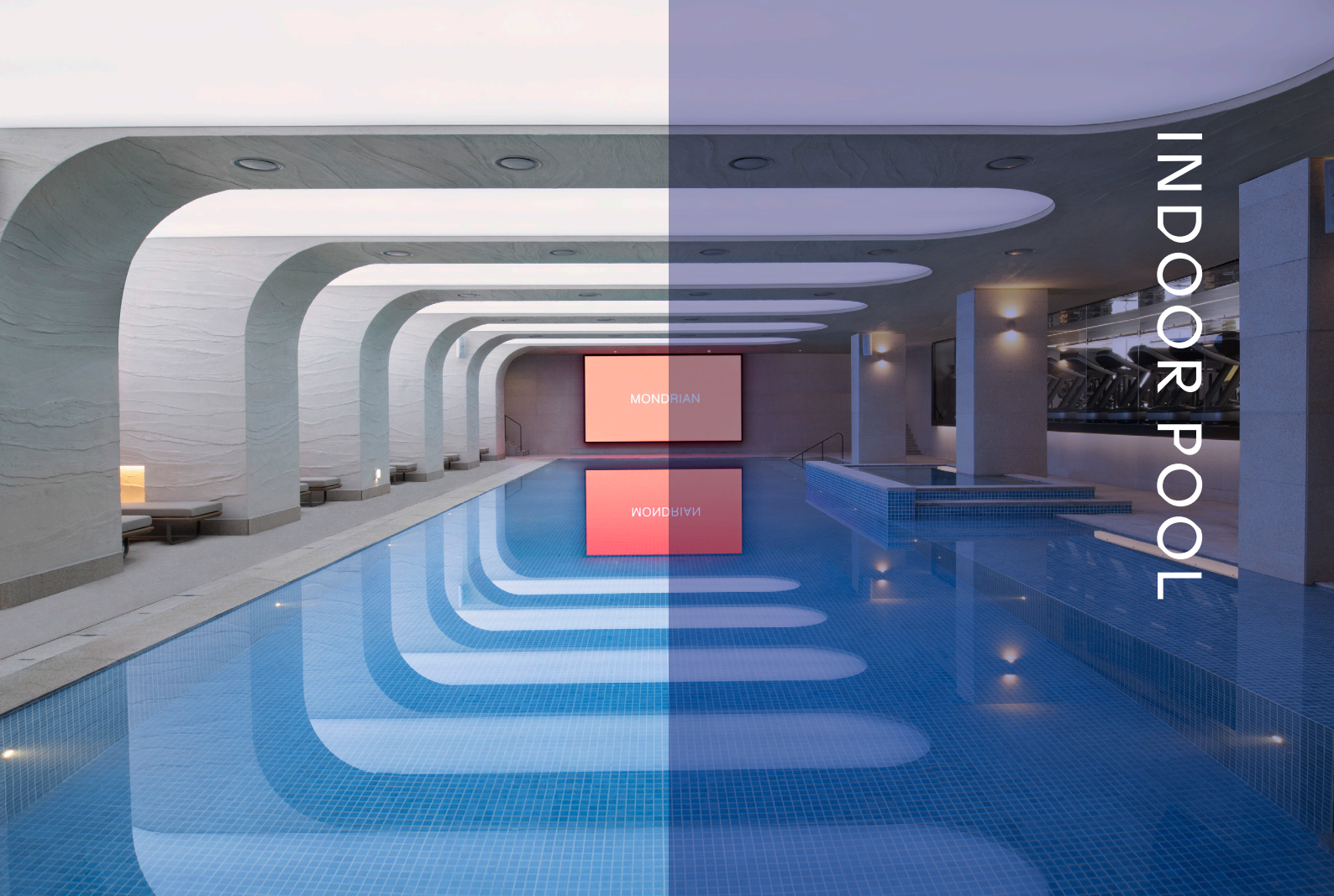
6 am - 10 pm

Closed on the First Tuesday of Every Month



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INDOOR POOL

## INDOOR POOL

Come and enjoy our indoor pool! The pool area is finished in luxurious subtle low gold-tone marble, offering the high-class environment you deserve. The pool has a maximum length of 25 meters and a depth of 1.3 to 1.5 meters, and we provide vibrant music and a digital screen. Then, when you're ready to relax, head to the Jacuzzi or sun-beds. We can also provide lessons with professional trainers.

### BUSINESS HOUR

6 am - 10 pm

(8 pm - 10 pm Not available for children under 18)

Closed on the First Tuesday of Every Month



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