MONTCHOISY

LEISURE & WELLNESS CENTRE



MEMBERSHIP BROCHURE



A holistic wellness approach to enjoy your moments of sports & leisure

Mont Choisy Leisure & Wellness Centre has been designed to help you live a balanced, healthy and active lifestyle. With its ‘Workout, Refuel and Recover’ concept, the centre offers an array of facilities that includes a fully equipped gym, tennis and padel tennis courts, hammam and sauna rooms, yoga and pilates areas, solar heated swimming pool as well as a kids’ playground. A drinks’ and smoothies’ menu is also avaiblable to quench your thirst. Soon, we shall have a fully operational coffee shop, BBQ corner and a pizza oven restaurant.

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The centre has something for everyone. You can relax by the pool during your free time, workout at your own pace and convenience, have the opportunity to make new connections with the members of your community, form newfound friendships and spend quality time with your loved ones.



Masterplan

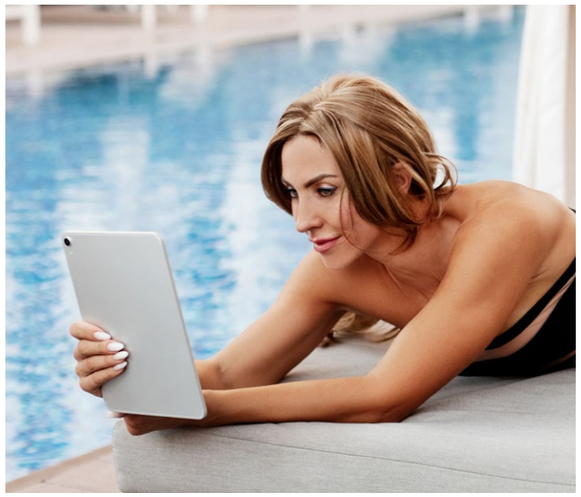
Information

1. Entrance
2. Parking
3. Reception
4. Café bar
5. Sauna
6. Steam room
7. Gym and fitness area
8. Yoga lawn
9. Yoga deck
10. Female changing room
11. Male changing room
12. Disabled WC
13. Adult pool
14. Kids' pool
15. Kids' play area
16. Padel tennis courts
17. Tennis courts

Solar heated swimming pool as the ultimate relaxation area

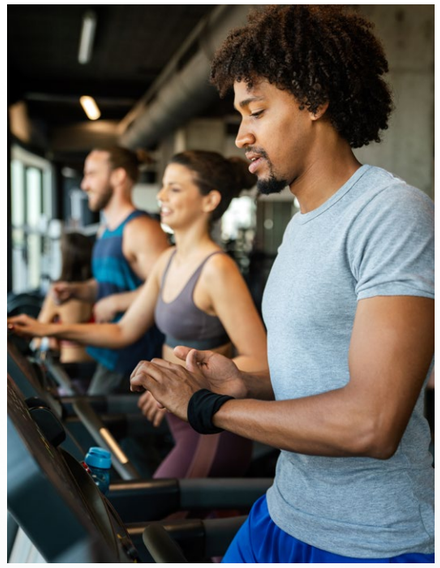
Enjoy the utmost comfort and luxury of the centre's resort-style solar heated swimming pool. There, you can relax after your intense workout, read a good book on a sun lounger, or simply sunbathe in the pool during your cherished free time.







The fitness room and coaching area equipped with TechnoGym







Helping you achieve your fitness goals; the gym is ideal for everyone. It is equipped with TechnoGym, an Italian leading brand in equipment and digital technologies for fitness, sport and health. Each equipment is carefully designed using the latest technology to ensure quality, efficiency and a safe experience to fit anyone's wellness needs. Personal coaches are also available on request for tailored sessions.



Tennis & padel tennis courts

Surrounded by lush tropical landscape, the tennis and padel tennis courts are available to help you maintain health, strength, fitness and overall agility while being socially active. Tennis coaching is also available on request.







Sauna & hammam

Pamper yourself and surrender to a world of calmness in the centre's sauna and hammam, allowing a moment of deep muscle relaxation that flushes your toxins and boost your immune system.





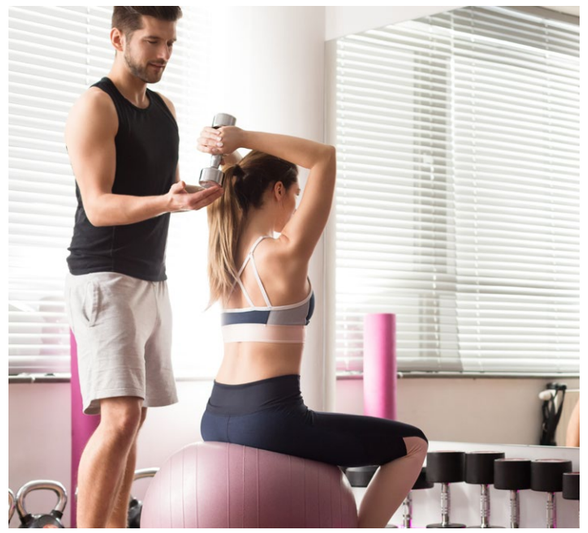
Individual or group fitness classes

Meet new people while getting the motivation, inspiration and results you are after. Whether you wish to build strength, flexibility, mobility or increase your self-awareness, you are sure to find the right class for you. On occasion and on request, the facility shall offer a variety of classes including aqua gym, tennis coaching, fitness, yoga, meditation, tai-chi, qi-gong, martial art, sound healing and more. One-on-one sessions are also available on request, should you require fitness assessment and individual attention.









A fun and safe playground for your kids

Bring your kids knowing they are entertained in a safe environment while you are busy getting yourself in shape or catching up with friends.





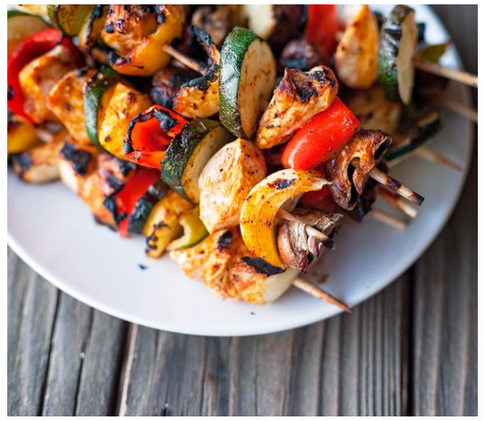


The kids' playground shall include facilities such as:

Sand pits
Kids' pool

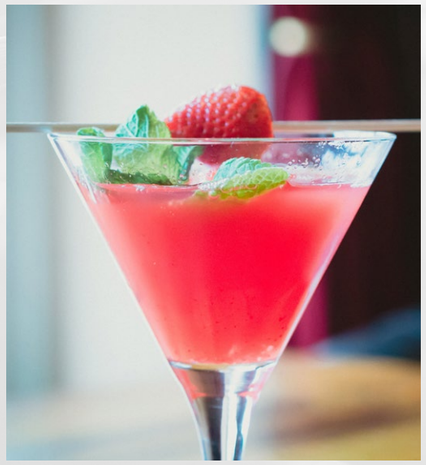
Refuel yourself at our restaurant

Soon, you will be able to chill at the coffee shop, pizza oven restaurant or BBQ corner after your workout session or a hectic day at work. The family brunch will be available on Saturdays and our menu also include salads, bagels, panninis and pastries. However, drinks and smoothies are already avaiblable.









Special events

You shall also have the possibility to book the premises for any private event and enjoy our party packages. With the membership packages, you shall also benefit from discounted prices for your special events.

Multi generation activities: something for everyone...

Discover the prospective activities to be enjoy by the whole family during the year:

Kids
8 to 12 years old

Swimming lessons
Dance
Tennis collective lessons
Sports games
Horse ridding
Youth summer holiday camps

Teens
12 to 18 years old

Tennis
Dance
Sport games
Padel
Party events
Fitness program

Adult and family

Jogging track
Nature walk
Dance
Yoga with mom
Wellness acitvites
Horse Ridding
Gym/Fitness classes

Elders

Wellness activities
Pilates
Water aerobics
Meditation
Floor yoga

Specialist treatement & advice

On request, the centre also offers freelance sessions and consultations such as nutritional advice.

Note: Booking in advance for any activity or event is stongly recommended.













Contact us now for bookings

Phone: 265 0398
Email: bookings@montchoisyleisure.com

For a member to get a guaranteed booking, we strongly recommend booking 10 days to 4 months in advance.

BOOKING PAYMENT & CANCELLATION POLICY

- Payment is required upon booking of any activity or event.
- Any booking cancellation are to be emailed to details to be provided in due course.
- Any booking cancellation made within 24 hours prior to classes time may be liable for a 50% cancellation Fee.
- Any booking cancellation made more than 24 hours prior to classe's time shall have no cancellation fee.
- If there are any booking cancellations by Mont Choisy Leisure & Wellness Centre due to a Force Majeure, no cancellation fee will be due.
- Bookings are only accepted with names.
- Bookings will be made available online a minimum of 2 (two) weeks prior to date of classes.
- However, Mont Choisy Leisure & Wellness Centre reserves the right to postpone or cancel any bookings by notifying "the member" a minimum of 30 days prior to date of lessons, to accommodate major events and corporate events.



FAQ

Q How do I upgrade or amend my membership?

A You can upgrade or amend your membership on a yearly basis where you can opt to move from gold to platinum.

Q Can I put my membership on hold if I can't make it and how long for?

A Membership can be suspended in case of "force majeure" for a period of 1 year.

Q Is the lifestyle membership transferable?

A For homeowner, the membership is only transferable upon resell of the unit.

Q What are the benefits and the pricing of the lifestyle and leisure membership?

A You can find the benefits and pricing attached to this flyer.

Q Will my tenants also have access if the membership is under my name?

A No, the tenants will have to pay for their own membership.

Q Is the membership per individual or family ? if family – 2 adults + how many children ?

A There are both individual and family memberships available. The family membership includes 2 adult and 2 kids below the age of 16.

Q What are your opening hours?

A On Mondays to Saturdays, the centre is open from 8am to 8pm whereas the gym is open from 6am to 8pm. On Sundays and public holidays, the centre is open from 8am to 2pm whereas the gym is open from 6am to 2pm.

Q Booking process and cancellations?

A You can book your activity by phoning the reception or through the application Myhomeclub.



Once in a lifestyle ...

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