



Operating hours

Weekdays	05.30 am - 10.00 pm
Weekends and public holidays	06.00 am - 10.00 pm
Swimming pool	06.30 am - 07.00 pm

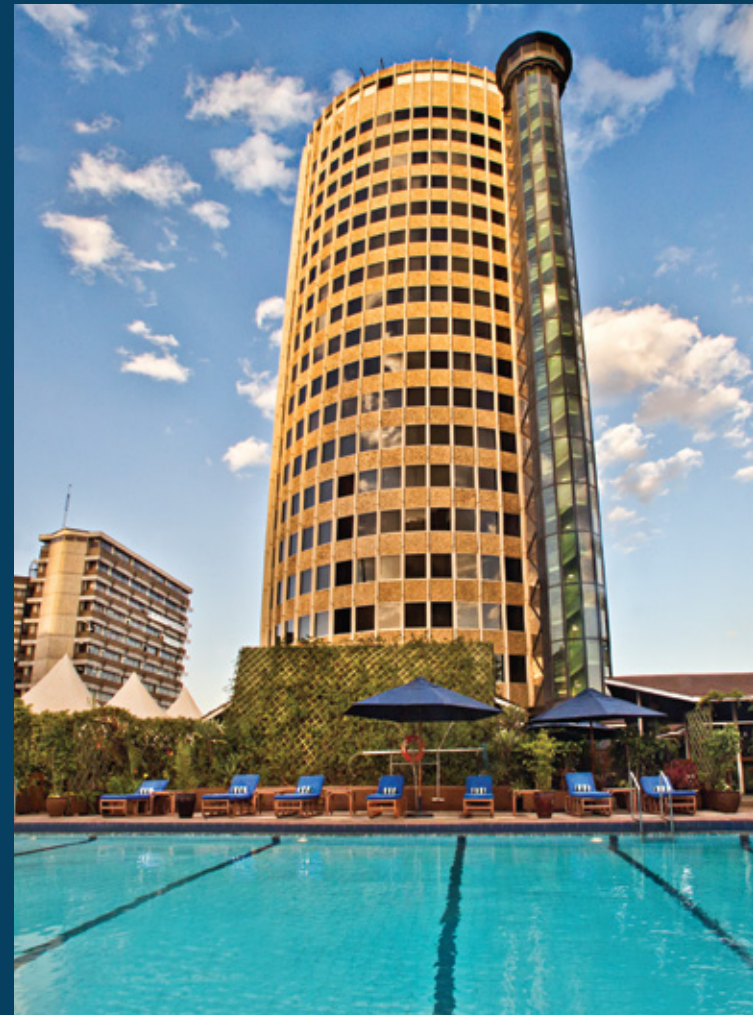
Off peak hours

Weekdays	09.00 am - 04.00 pm
Weekends and public holidays	06.00 am - 10.00 pm

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**Ultimate relaxation
in the city centre**



Enjoy a total break from the rhythm of modern life at the Hilton Health Club

Total well-being is the trend



The Hilton Health Club is fully equipped with extensive exercise and relaxation facilities.

Membership

Membership fees cover training services and group classes e.g. zumba, step aerobic, pilates, gymnasium, steam bath, sauna, heated swimming pool and basement parking while you exercise.

Spinning classes are available for a special fee.

Members' guests

Members may be accompanied by one guest per day for a daily membership fee at 50% discount.

Corporate rates

Corporate group rates on application.

HEALTH CLUB MEMBERSHIP RATES

Membership	Rate (Ksh)
Peak annual membership	135,000
Peak monthly membership	23,000
Off peak annual membership	105,000
Off peak monthly membership	19,000
Annual swimming only	80,000
Swimming lessons (10)	20,000
Daily membership (incl. pool use)	2,600
Child (5-12)	1,500

* Rates effective 1/1/18