



LIFESTYLE MEMBERSHIPS

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**FAIRMONT QUASAR  
ISTANBUL**

**FAIRMONT LIFESTYLE MEMBERSHIPS**, encompasses a selection of lifestyle choices for the Fairmont guest to suit the needs of their everyday lives.

The Lifestyle membership invites you to be a member of the **FAIRMONT QUASAR ISTANBUL** and focuses on all elements of well-being including state-of-the-art fitness facilities with the latest equipment and gadgets, a nurturing spa environment to escape and pamper yourself as well as a selection of food and beverage venues to suit all your needs.

At **FAIRMONT** we understand the importance of exercise in our daily life. Our gym & fitness center is built to ensure our guests have a comfortable space to use the best fitness equipment. Our dedicated personal trainers are available to assist with all your fitness goals, catering to your fitness level, ability and age.

**THE FAIRMONT LIFESTYLE MEMBERSHIP** also includes access to a range of wellness and relaxation facilities designed to support a holistic approach to well-being. Members may enjoy the spa's sauna and steam rooms, dedicated relaxation areas, and indoor swimming pools, offering the opportunity to unwind, recharge, and restore balance. These spaces complement an active lifestyle by providing a seamless transition between exercise and relaxation in a refined and comfortable environment.

## AS A VALUED MEMBER YOU WILL ENJOY THE FOLLOWING BENEFITS:

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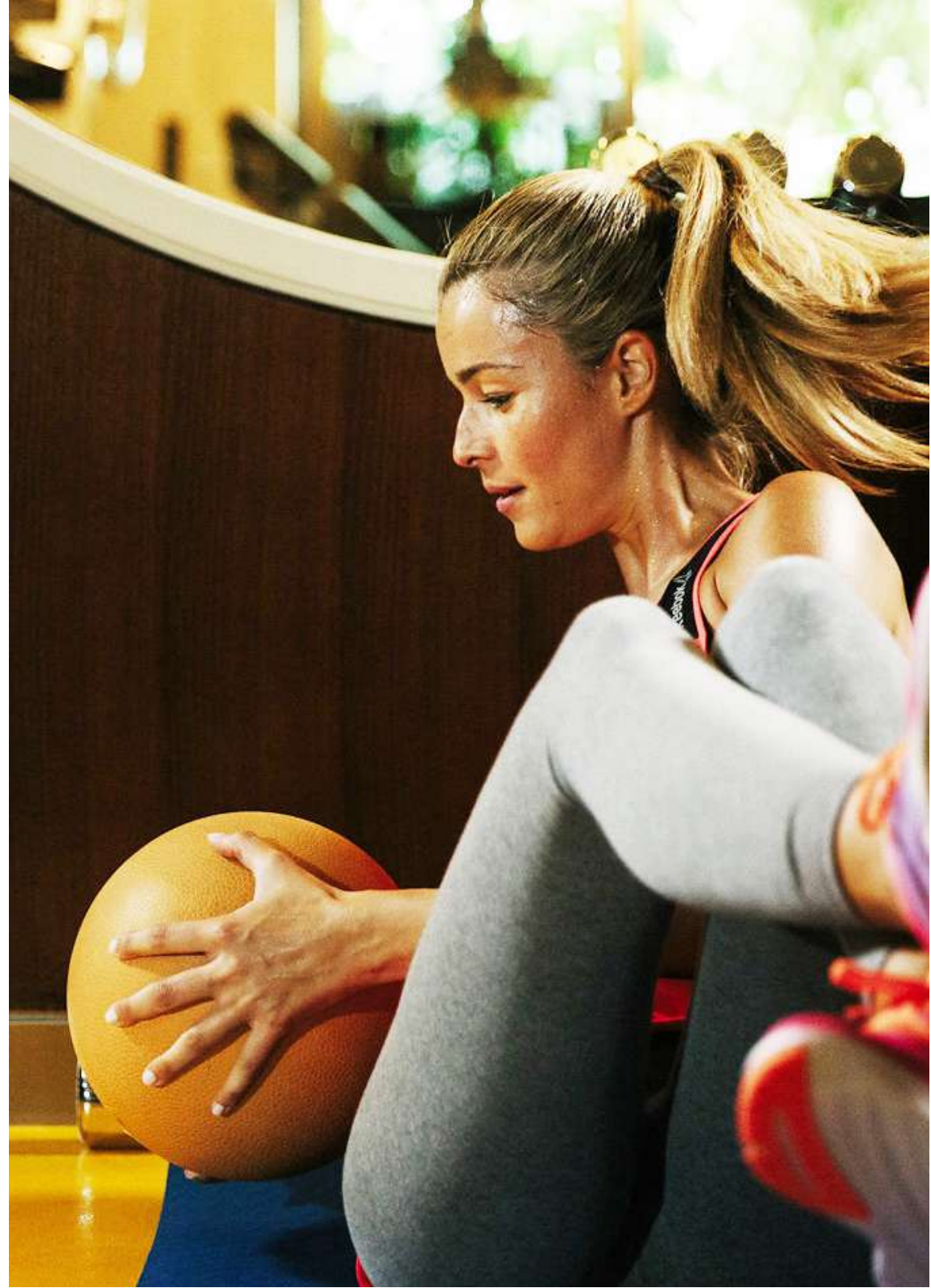
- Use of the relaxation areas
- Use of the indoor pool
- Use of facilities which includes indoor pool, changing rooms, steam, sauna and fitness center
- Introductory personal training sessions
- Privileged pricing on lifestyle offers include spas, retail and restaurants

The fitness center is open daily from 7 am until 10 pm and is located on the S floor.

## YOU CAN CHOOSE FROM THREE TYPES OF MEMBERSHIPS:

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Type	1 Year	6 Months	3 Months
Single	✓	✓	✓
Couple	✓	✓	✓





As a new member joining Fairmont Quasar Istanbul, your membership will include the following benefits:

### **ANNUAL MEMBERSHIP**

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- 1 complimentary 50-minute massage
- 1 complimentary personal training session
- 20% discount from all SPA treatments
- 20% discount from all F&B venues
- 20% discount from car parking area

### **SIX MONTHS MEMBERSHIP**

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- 1 complimentary 30-minute massage
- 1 complimentary personal training session
- 20% discount on all SPA treatments
- 20% discount at all F&B venues
- 20% discount on the car parking area

### **THREE MONTHS MEMBERSHIP**

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- 1 complimentary personal training session
- 20% discount on all SPA treatments
- 20% discount at all F&B venues
- 20% discount on the car parking area





**ONE-TO-ONE TRAINING**

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## LIFESTYLE AND WELL-BEING CLASSES

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**Fairmont Quasar Istanbul** offers a Personal Training and Kickbox classes to help challenge your workout and achieve your goals. They are available to you with your membership.

**\*additional charges apply**

**Personal Training** Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strenght training and fitness coaching. Allow our personal trainers to help you create a customized program, aimed at balancing physical activity with relaxation.

**Kickbox** Unleash your inner warrior with our invigorating kickboxing lessons designed to elevate your workout experience. Whether you're a beginner or an experienced athlete, our expert instructors will guide you through a dynamic, full-body cardio training. Our sessions that provide an effective way to burn calories and help you get in shape will foster a sense of disciple and focus.

**Aquabike** Experience the ultimate combination of cardio and resistance training with our aquabike sessions. Pedal your way to improved strength, endurance, and flexibility, all while benefiting from the low-impact support of water. Suitable for all fitness levels, aquabike provides a dynamic, refreshing workout designed to help you achieve your fitness goals.

**Yoga** Reconnect your body and mind with our calming and revitalizing yoga sessions. Designed to enhance flexibility, balance, and inner awareness, our classes cater to all levels—from beginners to advanced practitioners. Guided by experienced instructors, each session focuses on mindful movement, controlled breathing, and relaxation techniques to help reduce stress and promote overall well-being.

**Pilates** Strengthen your core and improve posture with our focused Pilates classes. Emphasizing controlled movements, alignment, and breathing, Pilates helps build lean muscle, increase flexibility, and support injury prevention. Suitable for all fitness levels, our sessions offer a balanced workout that enhances both physical strength and mental concentration.