



Membership Rates

www.gulfhotehbahrain.com



The Gulf Hotel Bahrain's Health & Fitness brand, Bodyzone, offers an unparalleled selection of health and recreation facilities with state-of-the-art gymnasiums, exercise classes and amenities for you to enjoy a healthier and fitter lifestyle.

Bodyzone, The Gulf Hotel's Men's gym is equipped with the latest fitness equipment, a sauna, steam room and a jacuzzi.

The landscaped grounds include a temperature controlled lagoon-style swimming-pool with a separate childrens swimming area.

Gold

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	695	70	765
Couple	1,270	120	1,390
Family	1,500	150	1,650

6 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	490	50	540
Couple	910	90	1,000
Family	1,060	100	1,160

3 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	350	35	385
Couple	640	65	705
Family	755	75	830

Gold Membership (Male)

Timing: 5:30 am – 10:00 pm

Membership includes the use of the fitness club, steam room, sauna, cold and hot jacuzzi, swimming pool, squash court, and tennis court.

Silver

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	595	60	655
Couple	1,085	105	1,190
Family	1,280	125	1,405

6 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	415	40	455
Couple	755	75	830
Family	905	85	990

3 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	265	25	290
Couple	545	55	600
Family	640	60	700

Silver Membership (Male)

Timing: 5:30 am – 2:00 pm



REGULAR MEMBERSHIP RATES

Tennis

TYPE	PRICE
1 Year	360
6 Months	265
3 Months	200
1 Month	135

Membership includes Tennis Courts and outdoor changing rooms, showers, and lockers.

Squash

TYPE	PRICE
1 Year	360
6 Months	265
3 Months	200
1 Month	135

Membership includes Squash Courts, and outdoor changing rooms, showers, and lockers.

Swimming Pool

TYPE	SINGLE	COUPLE	FAMILY
1 Year	440	710	1050
6 Months	220	355	525
3 Months	165	265	360
1 Month	110	180	220

Membership includes the use of swimming pools, outdoor changing rooms, showers, and lockers.

Prices are in Bahraini Dinars (BD) inclusive VAT.

Gold

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	625	60	685
Couple	1,145	110	1,255
Family	1,355	130	1,485

6 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	-	-	-
Couple	810	80	890
Family	955	90	1,045

3 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	-	-	-
Couple	580	55	635
Family	685	65	750

Gold Membership (Male)
Timing: 5:30 am – 10:00 pm

Silver

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	530	50	580
Couple	976	94	1,070
Family	1,155	110	1,265

6 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	375	35	410
Couple	685	65	750
Family	808	77	885

3 MONTHS			
TYPE	PRICE	JOINING FEE	TOTAL
Single	237	23	260
Couple	493	47	540
Family	580	55	635

Silver Membership (Male)
Timing: 5:30 am – 2:00 pm

Prestige Credimax Gold Only

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	595	60	655
Couple	1,082	103	1,185
Family	1,283	122	1,405

Membership includes the use of the fitness club, steam room, sauna, cold and hot jacuzzi, swimming pool, squash court, and tennis court.

Prices are in Bahraini Dinars (BD) inclusive VAT.



Gold

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	595	60	655
Couple	1,082	103	1,185
Family	1,282	123	1,405

Gold Membership (Male)

Timing: 5:30 am – 10:00 pm

Silver

1 YEAR			
TYPE	PRICE	JOINING FEE	TOTAL
Single	505	50	555
Couple	925	90	1,015
Family	1,095	105	1,200

Silver Membership (Male)

Timing: 5:30 am – 2:00 pm

Membership includes the use of the fitness club, steam room, sauna, cold and hot jacuzzi, swimming pool, squash court, and tennis court.

DAILY PASSES

Weekday

TYPE	REGULAR	PRESTIGE	MEMBERS
Adult	14.5	10	10
Child	7	7	7

Weekend

TYPE	REGULAR	PRESTIGE	MEMBERS
Adult	18	12.5	12.5
Child	10	10	7

RENTAL

Tennis

TYPE	REGULAR	MEMBERS
Rental 1 H	10.5	7.7
Rental 2 H	19	13.5

Squash

TYPE	REGULAR	MEMBERS
Rental 1 H	11	7.5
Rental 2 H	19	13.5

Prices are in Bahraini Dinars (BD) inclusive VAT.



Swimming Lessons

TYPE	1 SESSION	6 SESSIONS	12 SESSIONS
1 Person	16	80	184
2 Persons	27.5	131	240
3 Persons	35.5	180	320
4 Persons	-	-	426
5 Persons	-	-	533
6 Persons	-	-	639

Personal Training

TYPE	MEMBERS	NON - MEMBERS	HOTEL GUESTS
1 Session	18	22	22
6 Sessions	96	128	96
10 Sessions	138	165	165
16 Sessions	212	231	212
24 Sessions	275	305	275

Prices are in Bahraini Dinars (BD) inclusive VAT.

Tennis Lessons

1 PERSON		
TYPE	MEMBERS	NON-MEMBERS
1 Session	19	21
6 Sessions	75	84
12 Sessions	140	153

2 PERSONS		
TYPE	MEMBERS	NON-MEMBERS
1 Session	-	38
6 Sessions	-	151
12 Sessions	-	275

3 PERSONS		
TYPE	MEMBERS	NON-MEMBERS
1 Session	-	54
6 Sessions	-	215
12 Sessions	-	390

4 PERSONS		
TYPE	MEMBERS	NON-MEMBERS
1 Session	-	67
6 Sessions	-	270
12 Sessions	-	490

Prices are in Bahraini Dinars (BD) inclusive VAT.

Massage

SINGLE SESSIONS			
TYPE	MEMBERS	NON - MEMBERS	HOTEL GUESTS
60 Minutes	34	28	28
45 Minutes	28	21	21
30 Minutes	21	17	17

FIVE SESSIONS			
TYPE	MEMBERS	NON - MEMBERS	HOTEL GUESTS
60 Minutes	153	126	126
45 Minutes	126	95	95
30 Minutes	95	77	77



OTHER SERVICES



Locker Rental

SMALL LOCKER		BIG LOCKER	
TYPE	PRICE	TYPE	PRICE
1 Year	55	1 Year	110
6 Months	31	6 Months	65
3 Months	16	3 Months	35
1 Month	6	1 Month	11

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THE GULF HOTEL
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CONVENTION & SPA