



HEALTH & WELLNESS





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Embark on a journey of wellness and mindfulness at The Seattle Wellness Club. With our world class Spa, Fitness Gym and Pool, the wellness club welcomes you to relax, renew and rejuvenate.

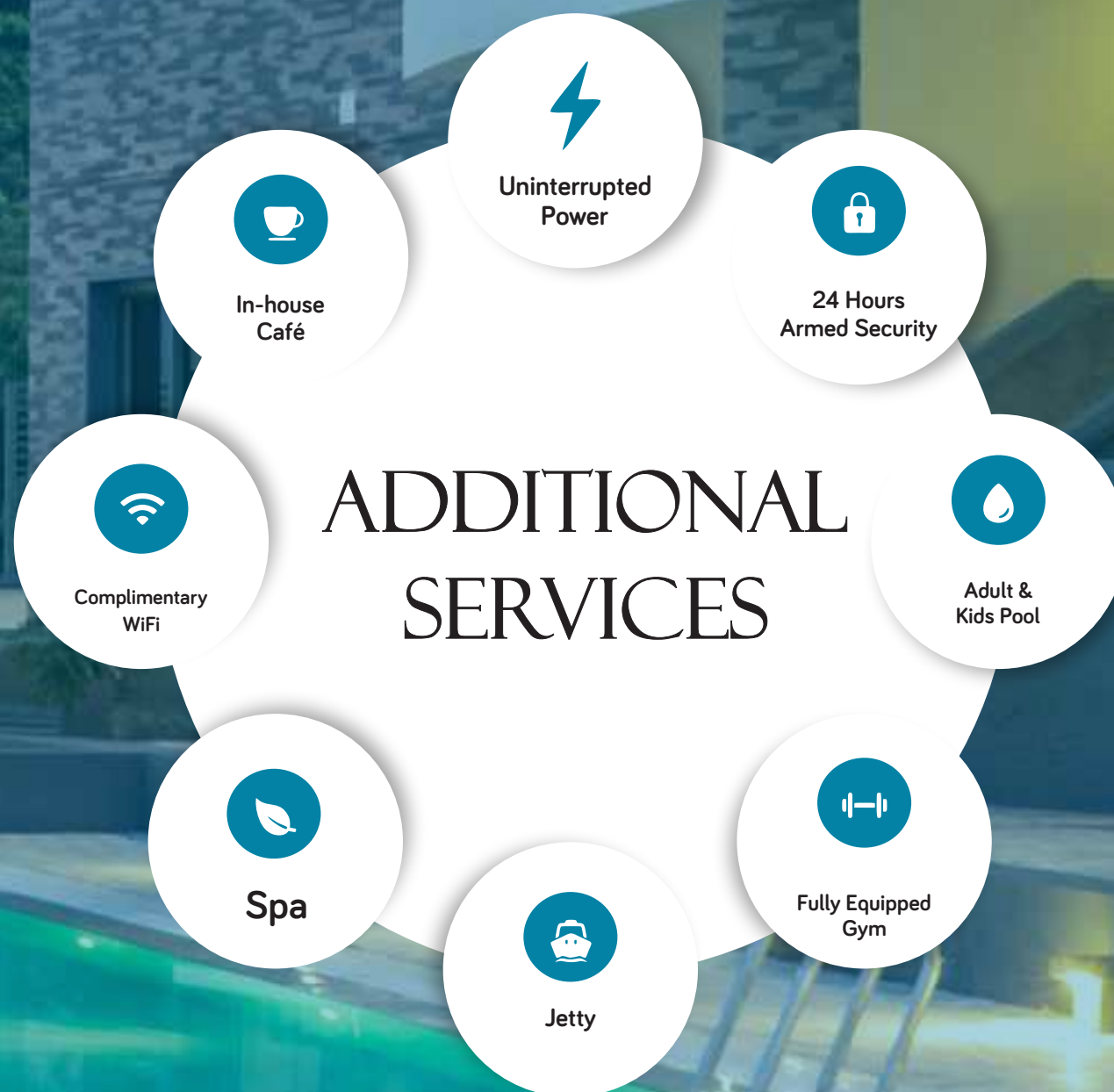
Designed to enliven the senses and its healing benefits, Apples & Oranges at Seattle Spa offers exclusive Biologique Recherche facials and signature treatments.

Achieve your fitness aspirations at the state-of-the-art Seattle Gym with a variety of High Intensity Interval Trainings (HIIT), Pilates, Yoga, Boxing, Weight, Training and group exercise classes.

Our Members enjoy pool access, exclusive use of Seattle Spa facilities including the Infrared Sauna and attractive dining privileges at The Good Life Restaurant.

For wellness Membership enquiries, please contact +234 912-001-6267 or email bd@theseattleresidences.com





MEMBERSHIP PACKAGES

Membership Benefits	6 Months	12 Months
Membership Fees	NGN 900,000	NGN 1,500,000
One Swedish Massage/Deep Tissue Massage or Brightness Re-balancing Facial Treatment	✓	✓
10% Privilege on Couples Membership	✓	✓
10% Privilege at the GoodLife Restaurant	✓	✓
VIP Invitation to SRS Events	✓	✓
Exclusive Gym Access at any SRS Collection Properties	24 hours	24 hours
Exclusive Pool Access	✓	✓
20% Off Event Spaces	✓	✓
5% off Yoga Class	✓	✓

Let us nurture your mind, body and spirit



PERSONAL TRAINING

The Seattle Gym offers a certified personal trainer on call 24 hours to assist you in achieving your personal fitness goals.

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