SPA
INTERCONTINENTAL

Health & Fitness Club

Members of the SPA InterContinental have full access to our 24-hour, state-of-the-art Health & Fitness Club where your well-being is our priority. Our 2,200-square-foot fitness center is contemporary and has a vast wall of windows that gives the feel of an outside workout.

Our club is equipped with the most cutting-edge strength training and cardiovascular equipment, by Matrix. Also, we feature a spectrum of machine and free weights, treadmills, cycles, ellipticals, and expert trainers to give you your best workout.

After you put your mind and body to the test, enjoy a refreshing dip in our 2,500-square-foot indoor heated lap pool. Then, relax and unwind in our steam rooms and refresh in our fully stocked locker rooms.

HOURS OF OPERATION

Monday - Friday 9am - 8pm
Saturday - Sunday: 7am - 8pm

MEMBERSHIP RATES

ENROLLMENT FEES
Executive Memberships $1,000
Fitness Membership: $100
Spa Membership $100

MONTHLY DUES

Executive ICB Resident Membership
$200 or $295 with one 60min spa service per month

Executive Membership
$235 or $330 with one 60 min spa service per month

Include all Fitness Membership benefits, plus:
- One complimentary monogrammed robe
- One complimentary 60-minute massage or facial per year
- One complimentary overnight stay per year
- Two complimentary personal training sessions per year
- 12 complimentary guest passes per year
- 15% off resort food and beverage outlets (alcohol not included)
- Priority access to exclusive spa events

Spa Membership | $119

One complimentary 60-minute Swedish Massage or 60-minute Classic Facial per month,

Fitness Membership
$145 | ICB Resident $123

One complimentary Fitness Assessment per year. plus:
- 15% off all regular priced SPA and Salon services Sunday - Thursday
- 15% off all guest passes
- 15% off regular priced merchandise
- New membership referral bonus

Membership required to receive benefits. Some restrictions apply. Rates subject to change without notice, terms & conditions apply.

For questions, contact the SPA directly at:
617-217-5090