

HOTEL AFRICANA GYM MEMBERSHIP RATES

TARIFFS FOR PEAK HOURS (USD)

- Annual Individual 1,000
- Annual Joint..... 1,490
- Annual Corporate 3pax& above850
- Half Year Individual.....675
- Half Year Joint.....1,000
- Quarterly..... 360
- Monthly 135
- Monthly Joint..... 240
- Guest Pass..... 11 (Ugx. 40,000/=)
- Guest pass (off peak)..... 9 (Ugx. 30,000)

NOTE:

Off peak hours begin from **9:00am to 4:00pm**. Please note that at exactly 4:00pm, off peak members **MUST** exit the Wellness Centre.

TARIFFS FOR SWIMMING ONLY (USD)

- Annual Individual 670
- Half Year Individual..... 405
- Quarterly 230
- Monthly..... 108
- Daily (Week days).....**25,000/=** Adults &**15,000/=** kids
- Weekends & Public Holidays.....**30,000/=** Adults &**20,000/=** kids

SPA MENU

- Swedish**60Mins – Ugx. 60,000/=90Mins – Ugx.80,000**
- Aromatherapy**60Mins – Ugx. 90,000/=.....90Mins – Ugx. 125,000**
- Deep Tissue Massage**60Mins – Ugx. 70,000/=**
- Hot Stone Massage.....**60Mins – Ugx. 100,000/=**
- Back, Neck, Shoulders & Head.....**30 Mins – Ugx. 40,000/=**



AFRICANA HEALTH CLUB

“CELEBRATING HEALTH & WELLNESS”

HOTEL AFRICANA NEW GYM 2019 GROUP EXERCISE PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
06:15HRS ↓ 07:15 HRS	Aero Mix with Swaibu	AeroStep with Sam	Wed Challenge with William & Salim	Body Tone with Sam	Afro Dance with Dazan	
07:15HRS ↓ 08:15HRS		Insanity with Ibra		Insanity- Plus with Ibra		
18:00 HRS ↓ 19:30 HRS	Insanity Mix with Ibra	Super Challenge with Quash, Swiabu & William	Power Aero Mix with Abbas	Aero Tone with Patrick	Zumba Dance with Dazan	