

# Invest In Your Health

Grind Now. Shine Later.

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BAY CLUB  
DOHA





# Health & Wellness

Welcome to The Bay Club at InterContinental Doha Beach & Spa, where unparalleled luxury meets wellness.

Immerse yourself in the world-class fitness facilities that Bay Club Doha has to offer, featuring a 24-hour state-of-the-art gymnasium designed for your every fitness need. Elevate your workout experience by participating in exhilarating group classes in our vibrant Fitness Studio, led by expert instructors dedicated to helping you reach your personal best.

For those who crave adventure, a variety of water activities awaits.

Explore the azure waters with kayaking, feel the thrill of jet skiing, or find your balance with stand-up paddle boarding.

At Bay Club Doha, every moment is an invitation to embrace health, vitality, and the ultimate in leisure.





# Your Membership Plan

The Bay Club Membership exquisitely caters to your health and well-being, offering refined luxurious facilities designed to nurture your body and soul, ensuring every visit is an indulgent experience in wellness and rejuvenation.

## DAILY WORK-OUTS

24-hour access to our state-of-the-art gymnasium, meticulously outfitted with the finest Technogym equipment, ensuring you can pursue your fitness goals

1

## TIME TO CHILL

Experience the luxury of daily access to our 400m private beach, refreshing outdoor pool, children's pool and playground, where relaxation and fun blend seamlessly.

2

## PERFECT YOUR SERVE

Enjoy exclusive access to our stunning on-site squash, padel and tennis courts, inviting you to engage in spirited matches or leisurely games.

3





# Go Beyond Your Fitness Journey

A luxury leisure membership program that redefines traditional fitness subscriptions, presenting a lifestyle of wellness, fun & relaxation.

Access to our state-of-the-art 24-hour gymnasium and exclusive discounts on group classes will enable you to reach your fitness goals. Bay Club Doha also offers bespoke personal training programs that is uniquely tailored to each guest to maximise their full potential. Make the most out of your rest day with access to world-class pool and beach facilities, along with discounts across our award-winning restaurants.

24-hour state-of-the-art gymnasium

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Private beach area

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Freeform swimming pool

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Squash, padel & tennis courts

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Steam room

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Children’s pool & playground

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Complimentary Wi-fi Access







# Unlock Your Fitness Regime

Your journey to wellbeing begins here  
Discover our extensive range of fitness classes designed to target  
specific cardiovascular & anaerobic needs

HATHA YOGA

BOOT CAMP

LES MILLS BODY PUMP

SPIN

ZUMBA

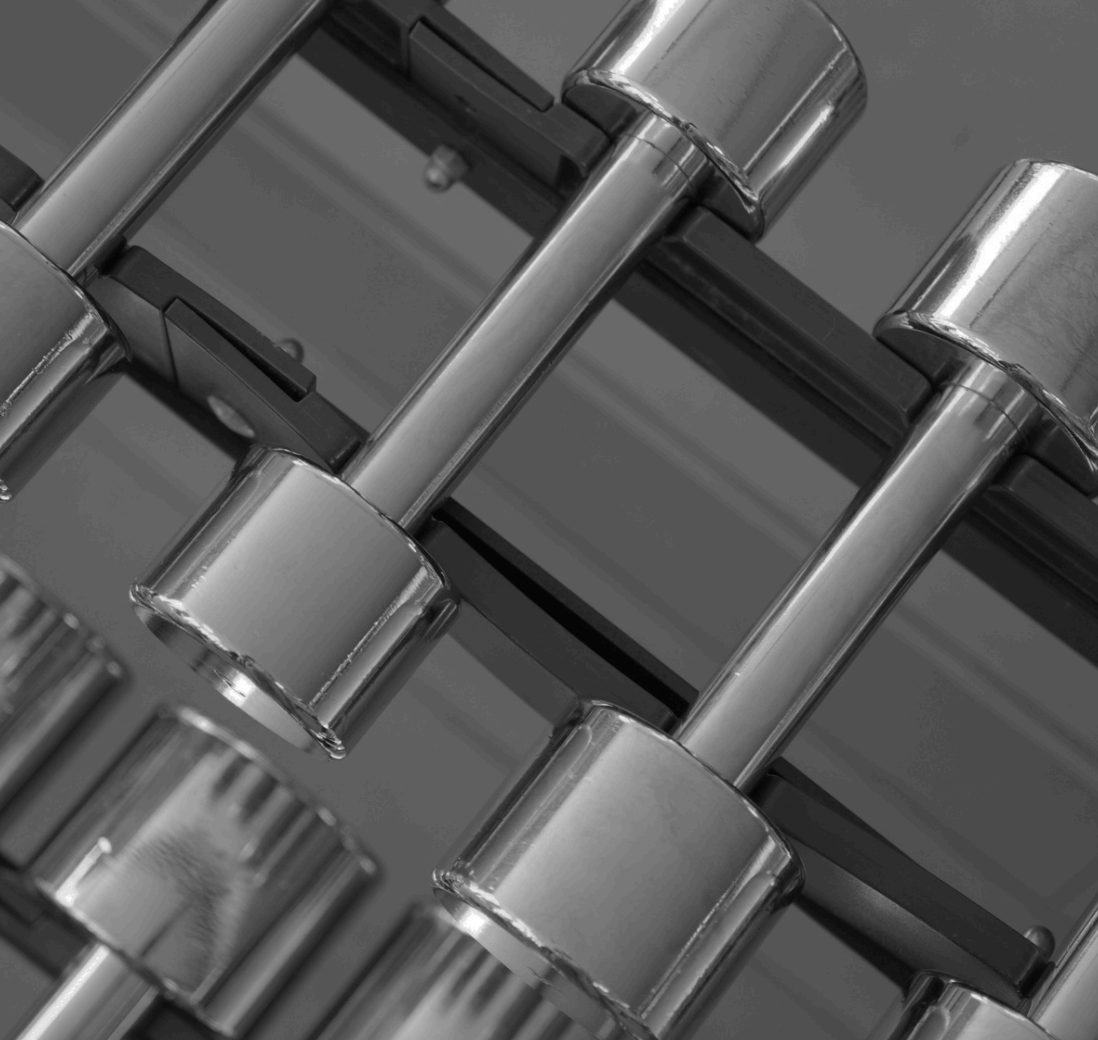
STAND UP PADDLE

Contact Us For More Details

 [BayClub.ICDoha@ihg.com](mailto:BayClub.ICDoha@ihg.com)

 [BayClubDoha](#)





# EXCLUSIVE RATES

## Member Discounts

Bay Club Doha Fitness Classes  
Conducted By Professional Instructors

Personal Training Sessions

Swimming Lessons

Tennis Lessons

Family Visiting Rate







B A Y C L U B  
D O H A



# On The Water

Indulge in a thrilling array of water sports and recreational activities at our resort. Experience the excitement of jet skiing, banana boat rides, and much more.

For those seeking a more serene adventure, our expert team from Abe's Doha Water Sports offer personalised Stand-Up Paddle boarding lessons to ensure a memorable and enjoyable experience.

*Bay Club Doha members enjoy a 20% discount across selected water sport activities*



# Membership Benefits

Bay Club Doha goes further, creating a social membership with benefits on curated dining experiences, hotel stays, guest invitations and more.

20% off best available rates on rooms and suites

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20% off at InterContinental Doha beach & Spa's restaurants\*

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20% off on Elie & Ralph beauty salon services and hair treatments except packages and retail products

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15% off on à la carte spa treatments and packages

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Five (5) Day Pass vouchers

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Freezing of membership for up to 1 month, within 1 year

*\*Excluding La Mar, La Mar beach, and Manko*







# B A Y C L U B

## D O H A

Annual Memberships	
Membership Type	Total
Single	QAR 13,500
Couple	QAR 17,500
Family	QAR 22,500

6 Month Membership	
Membership Type	Total
Single	QR 8,280
Couple	QR 10,680
Family	QR 13,780

3 Month Membership	
Membership Type	Total
Single	QR 4,480
Couple	QR 8,030
Family	QR 8,780

Family is defined as a Married Couple and up to a maximum of two children from 3 to 17 years old as per Bay Club Doha policy.

Upgrade to spa membership of QAR 6,000 for single and QAR 8,000 for couple. The minimum age to access Spa InterContinental is above 16 years old.





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Opening Hours	
Fitness Centre	24 hours
Beach	7:00 am - sunset
Outdoor Pool	6:00 am - 7:00 pm
Kids Pool	6:00 am - 7:00 pm
Studio	5:00 am - 10:00 pm
Tennis Courts	7:00 am - 10:00 pm
Squash Courts	7:00 am - 10:00 pm
Water Sports	9:00 am - 6:00 pm
Poolside Restaurant	9:00 am - 6:00 pm
Sunset Bar	9:00 am - 9:00 pm
Spa InterContinental	10:00 am - 11:00 pm
La Mar Beach	10:00 am - 7:00 pm







# DAILY ENTRANCE FEE



Weekdays  
Adult QAR 200 | Child\* QAR 100

Friday & Saturday  
Adult QAR 250 | Child\* QAR 130

- \* Children under 3 years of age are free of charge.
- \* Children between 3 and 12 years old - Child rate applies.
- \* Children of 13 years old and above - Adult rate applies.
- \* Children under 18 years old have to be accompanied by adult.





# Nourish Your Best Self

Indulge in Total Wellbeing

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BAY CLUB  
DOHA





SPA  
INTERCONTINENTAL

# Spa InterContinental

A Luxurious Haven In Doha's Iconic Landmark.

Experience luxury hotel spa treatments in Doha like never before, only at Spa InterContinental.

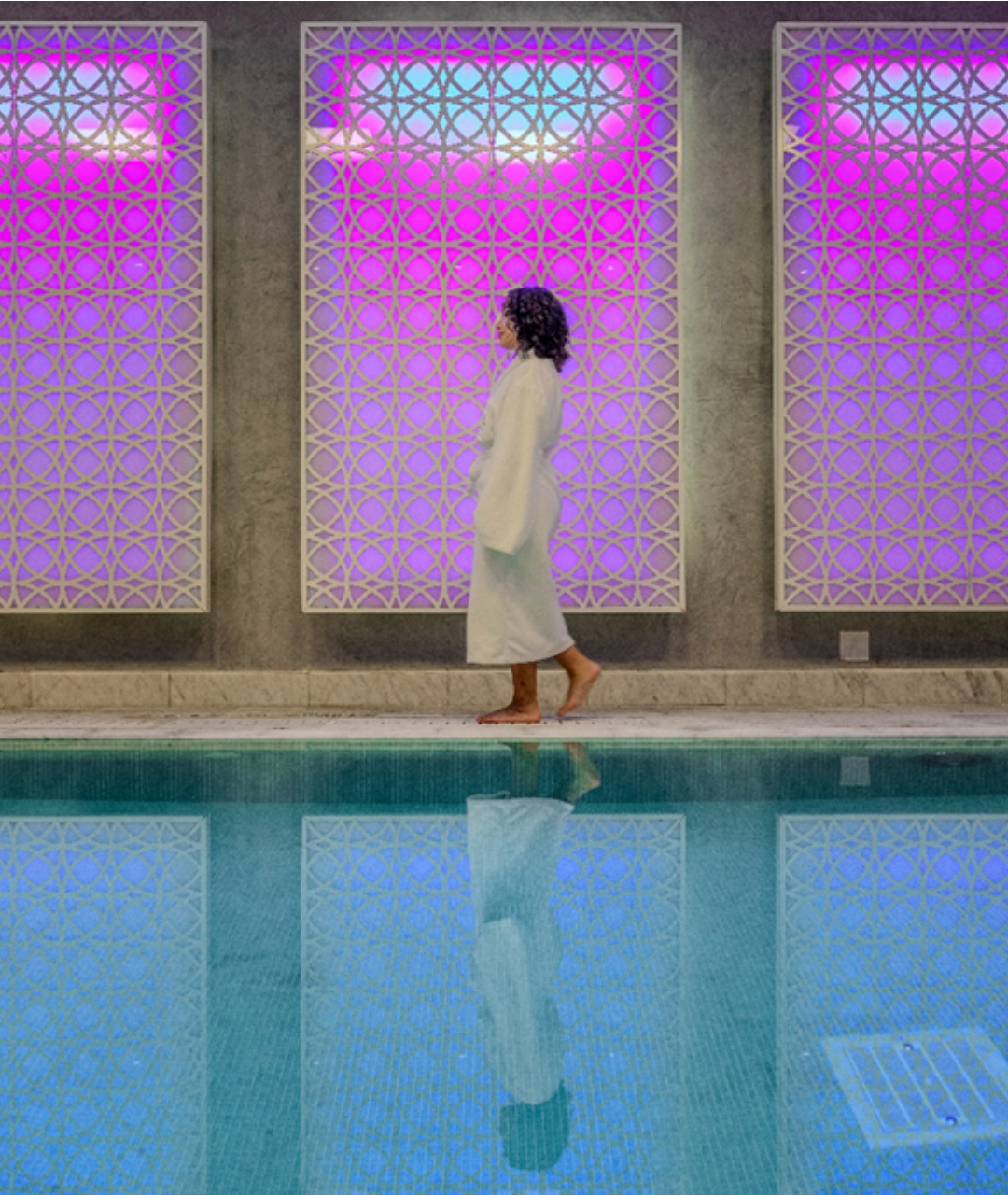
Featuring a luxurious setting with utmost privacy, Spa InterContinental brings you exclusive facilities such as 16 lavish treatment rooms and couple suites, a private indoor pool\*, relaxation rooms, spa tea lounge, sauna and Jacuzzi, and the unique Spa Wave Bed and Quartz Bed – all exquisitely designed to bring pampering to the next level in Doha.

Let our team of highly skilled therapists take you on a journey of genuine tranquillity using exclusive products.



## Membership Benefits

- Unlimited use of standard facilities
- One Complimentary room night per year
- One complimentary 60-minute Spa body massage
- Ten complimentary guest passes at Bay Club Doha
- Ten upgrades to Spa suite per year



## Spa Benefits

- 10% off on Spa retail products
- 15% off on Spa packages
- 30% off on Spa à la carte menu



## Other Benefits

- 20% off on InterContinental Doha Beach & Spa's restaurants\*
- 20% off on Elie & Ralph Beauty Salon services and hair treatments except packages and retail products
- 25% off on laundry service


*\*Excluding La Mar, La Mar Beach, and Manko*





# B A Y C L U B D O H A

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