

# Healthy staff *make* a wealthy company



It is widely acknowledged that personal fitness is a major contributor to getting the most out of life, and that includes work as well as recreation.

Replace stress and fatigue with the feel-good factor, and it is easy to see why personal fitness should be encouraged as part of today's corporate lifestyle. Throw in the additional value of networking and incentives, and you have what we at World Class call the wealth of health.

World Class cooperates successfully with many companies in Amman. Business people compose a large share of our clientele and all World Class centers across Europe reflect genuine international club culture. Extend to your staff the benefits of regular exercise, in a world class environment!

Contact our Corporate Services department

Charles W. Harmon or Tijan Marwan Khalaf  
on +962 6 5620 240 to discuss the possibilities  
for your company to get healthier and wealthier.

## Le MERIDIEN AMMAN

### Welcome to World Class International Network

CZECH REPUBLIC, Prague  
V Celnici 10  
Tel.: +420 2 21 03 30 33

EGYPT, Cairo  
Corniche El-Nil, Garden City  
Tel.: +20 2 362 1717

HUNGARY, Budapest  
Apaczai Csere Janos ut 4-6  
Tel.: +36 1 266 42 90

ICELAND, Reykjavik  
Fellsmula 24  
Tel.: +354 553 00 00

MALTA, Sliema  
Tigné Seafront Street  
Tel.: +356 33 75 13

RUSSIA, Moscow  
Zhitnaya ulitsa 14, bld.2  
Tel.: +095 239 19 94

ROMANIA, Bucharest  
Calea 13 Septembrie nr. 90, sector 5  
Tel.: +40 1 403 09 00

SWEDEN, Stockholm  
Slussen, Guldgränd 8, Tel.: +46 8 702 28 50  
Kista, Isafjordsgatan 30c, Tel.: +46 8 444 89 50

For more information about World Class  
and our other clubs:  
[www.worldclassfitness.net](http://www.worldclassfitness.net)

LEAF-FITNESS  
Rely on it.™

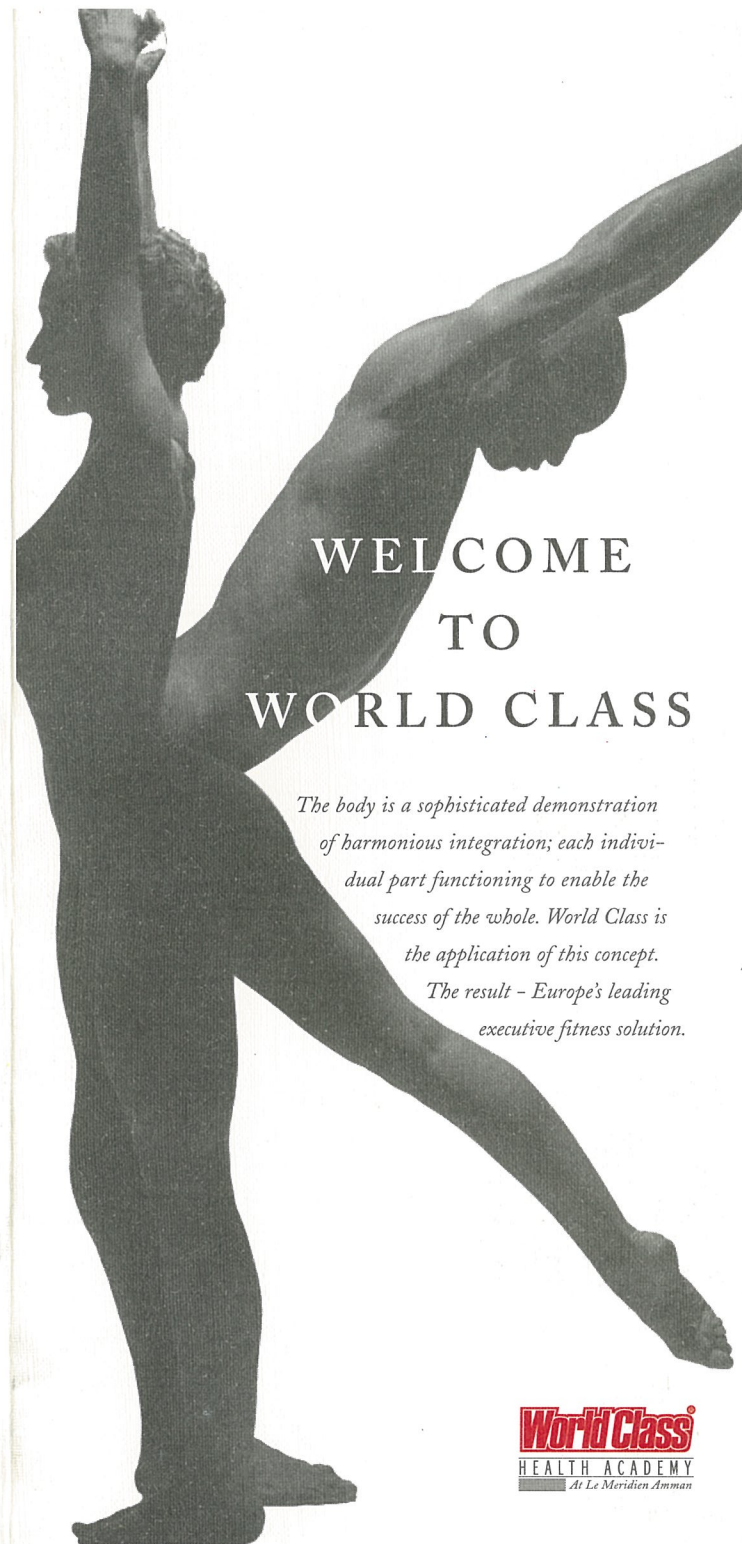
**WorldClass**  
HEALTH ACADEMY  
At Le Meridien Amman

Le MERIDIEN  
AMMAN

World Class Health Academy  
Le Meridien Amman, Queen Nour st.-Shmeisani, P.O.Box 950629  
Amman 11195, Jordan  
Tel.: +962 6 5620 240, Fax: +962 6 5667 139  
E-mail: [worldclass@lemeridien-amman.com](mailto:worldclass@lemeridien-amman.com)

## WELCOME TO WORLD CLASS

*The body is a sophisticated demonstration  
of harmonious integration; each individual  
part functioning to enable the  
success of the whole. World Class is  
the application of this concept.  
The result - Europe's leading  
executive fitness solution.*



**WorldClass**  
HEALTH ACADEMY  
At Le Meridien Amman



## Welcome to World Class Health Academy

To give you the greatest possible health and fitness experience, World Class Health Academy has devoted 3500 m<sup>2</sup> to state-of-the-art facilities. In luxurious settings a wide range of programs, service and equipment provide total solutions to your individual health and fitness needs.

As a member of World Class, you have exclusive access to the highest level of service, equipment and instruction. Our international staff have considerable fitness expertise and will guide you through an array of aerobic and gymnasium workouts.

As a World Class member you have the opportunity to visit other clubs in the World Class International network through a guest visit program.



### WEIGHTS & CARDIO

To make your training as fun, safe and efficient as possible, World Class provides easy-to-use cardio & weight equipment. For improving condition or to shed a few pounds, you can choose between bicycles, treadmills, stair-climbers, cross-trainers

and rowers. For body shaping and strengthening, a varied weight-training routine is ideal. Our range of 19 Cardio machines, 32 Lifefitness and HammerStrength machines, plus free weights, give you endless workout possibilities.



### POOL & JACUZZI

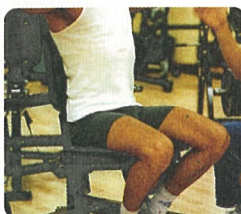
Relax and unwind in the luxury of our pool and jacuzzi. The jet streams in the swimming pool will provide light currents for those who want to swim against resistance. For a pleasant, yet dynamic form of exercise you may join World Class aqua aerobics.



### AEROBICS & SPINNING

If you are looking for a fun and engaging way of getting and staying in shape, try the World Class group-training program. Motivating instructors and energetic music combine for exciting training, that shapes and conditions your body. Choose your

favorite class from a variety of styles and intensities such as Aerobics, Step, Spinning, Boxing, Body toning & Lift it or, if you prefer more gentle forms of exercise, try our Aqua or Stretching classes.



### PERSONAL TRAINING

Do you feel that your workouts don't produce the results you are looking for? A personal trainer can help you reach your health and fitness goals. Whether your goal is weight loss, sports specific training or simply to obtain better results, your personal trainer will tailor-make a

program that meets your individual needs. A personal trainer will provide high quality work-outs, ongoing progress evaluations, and bring out that extra training motivation.



### MASSAGE

With today's busy lifestyle, when many suffer from aching backs, necks and shoulders, relaxation and stress release is essential for wellbeing. At World Class, experienced massage therapists provide Aroma therapy, Swedish, sports, reflexology, shiatsu, acupuncture and reiki mas-

sage that relieves tension, loosens tight muscles and makes you feel good inside and out.



### SPA TREATMENT

When your skin shows signs of fatigue and your body feels drained, our exclusive Dead Sea Spa/ Beauty Treatments can provide the remedy. Enjoy the pleasures of professional care with a revitalizing facial treat-

ments - dead sea mud wrap or treat yourself to any other of our dead sea services. Whatever treatment you choose it will leave you glowing and feeling relaxed.



### CHILDREN

So that your children have fun while you workout World Class offers childcare at given hours. At our playroom they can enjoy toys of different types while supervised by our experienced staff.

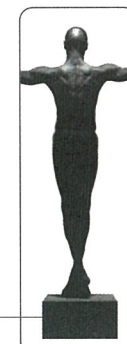
Our total approach also includes dry and steam saunas, solariums, health-food snacks and free garage parking.

Achieve your health and fitness goals in the air-conditioned seclusions of World Class. Open 365 days a year. Strictly limited membership.

### OPENING HOURS

Saturday - Thursday 6 am - 10 pm

Friday 8 am - 9 pm



## MASSAGE TREATMENTS

Swedish	25 JD	55 min
Back, neck and shoulders	15 JD	30 min
Pressure point massage	18 JD	30 min
	30 JD	55 min

## ALTERNATIVE THERAPY

Shiatsu	40 JD	55 min
	25 JD	30 min
Acupressure	30 JD	55 min
	18 JD	30 min
Reiki	25 JD	55 min
Reflexology	20 JD	25 min

## DEAD SEA ONE DAY PACKAGE - 80 JD

Salt scrub, Mud wrap, Swedish massage 2 hrs

## TWO DAY PAMPER PACKAGE - 110 JD

Day One  
Salt scrub and mud wrap 1 hr  
Day Two  
Swedish massage and facial 2 hrs

## THREE DAY LUXURY PACKAGE - 145 JD

Day one  
Salt scrub and mud wrap 1 hr  
Day Two  
Swedish massage and hair & scalp treatment 1 hr  
Day Three  
Facial, manicure and pedicure 2hrs

All packages include use of steam and sauna rooms. A healthy meal will be served after each day of treatments. Your package must be used within one week of purchase by appointment only.

Le MERIDIEN  
AMMAN

Le Meridien Amman, Jordan

Tel:+962 6 5620 240,Fax:+962 6 5667 139, e-mail: worldclass@lemeridien-amman.com  
www.worldclassfitness.net

## OPENING HOURS:

Saturday - Thursday 06:00 - 22:00, Friday 08:00 - 21:00

VIP: Fitness & Aqua  
FITNESS: Weights/ Cardio, Aerobics/ Spinning  
AQUA: Pool & Jacuzzi

## MEMBERSHIPS

## PERIOD

	1 Month	3 Months	6 Months	12 Months
VIP	150 JD	400 JD	500 JD	750 JD
FITNESS		300 JD	400 JD	600 JD
AQUA		150 JD	230 JD	360 JD
MONTHLY AEROBIC	30 JD			
COUPLE VIP		500 JD	800 JD	1100 JD
ADDITIONAL ADULT ABOVE 17				300 JD
CHILDREN UNDER 18				150 JD
CORPORATE SOLUTIONS				
10 to 19 members				500 JD/ person
20 to 29 members				450 JD/ person
30 members and above				400 JD/ person
Please contact our Sales Department				

## CARD INFORMATION

All 6 and 12 Months memberships include

- use of saunas
- use of towels
- 2 Personal Training sessions
- 2 free Guest passes
- free access to other World Class centers on occasional visits (UNICA Program)
- The 6 and 12 Months memberships may be frozen up to 30 days.

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**VIP membership ALSO includes**

- Pool program
- use of Bathrobe
- Slippers

**1 Month and 3 Months membership (except Monthly Aerobic) include**

- 1 Personal Training session
- 1 free Guest Pass
- use of the Steam
- use of Sauna

**DAYTIME****MEMBERSHIPS**

30% discount on 6 Months and 12 Months membership  
(daily 06:00 - 15:00), see prices above

**SINGLE VIP VISITS**

Member's guest	10 JD
Single visit without a member	15 JD

**ADDITIONAL SERVICES****Personal Training**

1 hour	25 JD	
5 times 1 hour session	100 JD	(10% off)
10 times 1 hour session	225 JD	(20% off)

**Massage**

1 hour	25 JD
30 minutes	15 JD

**Solarium**

18 minutes	7 JD
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**Extra Bathrobe**

1 time	1 JD
unlimited for 3 Months	8 JD
unlimited for 6 Months	16 JD
unlimited for 12 Months	32 JD

**Aerobic & Spinning**

for Hotel Guests	5 JD
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**Spa Treatments** Please see separate price list for Spa

*Including all Taxes and no joining fee*

**OPENING HOURS:**

Saturday - Thursday 06:00 - 22:00, Friday 08:00 - 21:00

**HEALTH, BEAUTY AND LEISURE SPA**

Products: Decleor, Guinot, Dead Sea and Thalgo

**DEAD SEA TREATMENTS**

Salt Scrub	20 JD	30 min
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**Dead Sea Mud Wraps:**

Natural	25 JD	55 min
Relaxing	30 JD	55 min
Anti - cellulite	35 JD	55 min

**DEAD SEA FACIALS**

Mini mud Facial	15 JD	30 min
Healing mud Facial	25 JD	55 min
Acne mud Facial	30 JD	55 min
Relaxing mud Facial	25 JD	55 min
Deluxe facial (incl. hands, feet, and scalp massage)	30 JD	75 min

**Thalgo facial and skin care treatments (Seasonal)**

Thalgo Cold marine facial (seasonal)	30 JD	55 min
Thalgodermy facial	35 JD	55 min
02 marine BHA replenishing facial	35 JD	55 min
Collagen facial (incl. hands, feet and scalp massage)	50 JD	55 min

**Decleor facial and skin care treatments**

Aroma facial	25 JD	55 min
Hydrating facial	35 JD	55 min
Purifying facial	35 JD	55 min
Deep cleaner facial	40 JD	55 min
Collagen facial (incl. hands, feet and scalp massage)	50 JD	55 min
Anti-Aging facial	30 JD	55 min

**Aroma massage treatments**

Salt revitaliser (salt scrub plus Full body aroma massage)	45 JD	90 min
Aroma massage	30 JD	55 min
Back, neck and shoulders	18 JD	30 min