



LAB x FAIRMONT SPA ACCESS, 140 PER HOUR

This small group training session offers a more personalized, one-on-one style experience with one of our HOUSE trainers. You will be moving through a mix of strength, mobility and conditioning exercises.

3 classes: 360

6 classes: 690

12 classes: 1330

PERSONAL TRAINING x FAIRMONT SPA ACCESS, 150 PER HOUR

Personal training sessions include a consultation on your fitness goals, a physical assessment, and a fitness program designed just for you.

3 classes: 405

6 classes: 780

12 classes: 1500

PILATES x FAIRMONT SPA ACCESS, 140

50-minute Mat Pilates is a method-driven, full-body class rooted in classical Pilates principles. Expect intentional sequencing, precise form cues and seamless transitions that build strength from the inside out. Bands are introduced each class to deepen your practice and elevate every movement. Controlled. Technical. Elevated.

Session held on either the Spa Terrace or Pool Deck.

*Schedule varies monthly

All packages include 2 hours access to our spa facilities to relax and experience our Jacuzzi, steam room, mineral bath, Himalayan salt stone coed sauna, wellness club, indoor lounges and spa terrace which overlooks the North Shore mountains.