

MEMBERSHIP PROGRAM



# PILLAR

WELLBEING

*Fairmont*  
DOHA



**PILLAR**

WELLBEING



Pillar Wellbeing at Fairmont, Doha is a premium wellbeing-focused members club for those who want to feel and be at their best consistently, day in, day out.

At the heart of the club is Pillar Wellbeing's methodology which optimises human performance and wellbeing through a blended approach towards Movement, Nutrition and Recovery.



## Membership Program

Pillar is designed by world leading trainer, Harry Jameson and London's leading wellness professionals, which focus on membership engagement through Personal Training, Recovery Treatment and Nutrition. Born out of a desire for the modern high performing individual to have their wellbeing needs consistently met, pillar emphasises on preventative health and personal optimisation.

Pillar wellbeing guests can expect exceptional quality and personal attention at every turn – whether that is closely monitoring and supporting you to achieve your long-term objectives, providing you with relevant information so you can make informed decisions, or simply making every visit a memorable experience.



## Membership Benefits

### CUSTOM COACHING

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Meet with our Pillar performance coaches for custom coaching and recommendations. Including a personal wellbeing orientation & assessment upon joining as well as access to personal trainers.

### FITNESS & WELLNESS CENTRE

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Access to Fitness and Wellness Centre. The centre includes premium state of the art private studios, exercise studio, spinning and movement studio.

### EXCLUSIVE FACILITIES

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Exclusive access to the outdoor Gold pool Lounge.

A 25-metre temperature controlled indoor swimming pool facility.

As well as to gender specific lockers, heat experiences e.g. sauna and steam room facilities for male and female guests.

Encompassing  
state-of-the-art amenities,  
including an immersive  
spinning studio,  
an indoor pool, and an  
expansive movement studio  
offering an array  
of invigorating classes.





Gold  
Membership  
Program



# Single Membership

**1 YEAR**

**19,000 QAR**

**MEMBERSHIP INCLUSIONS**

- 1x Personal Training Session Per Month
- 1x Recovery Session Per Month
- 1x Aqua Training Class Per Month
- 6x Day Pass Per Year
- 6x Massages Per Year

**ADDITIONAL BENEFITS**

- Introductory Personal Wellbeing Orientation & Assessment
- Quarterly Well-Being Check-In and Personalised Programme
- Complimentary Group Classes
- Access to Fairmont Gold Lounge
- Access to Pillar Education Events Programme
- Access to Global Residential Retreats

**EXCLUSIVE DISCOUNTS**

- 25% off Room Rate
- 20% off Spa Treatments
- 10% off Retail, Food & Beverage



# Single Membership

**6 MONTHS**

**15,000 QAR**

**MEMBERSHIP INCLUSIONS**

- 1x Personal Training Session Per Month
- 1x Recovery Session Per Month
- 1x Aqua Training Class Per Month
- 3x Day Pass Per Year
- 3x Massages Per Year

**ADDITIONAL BENEFITS**

- Introductory Personal Wellbeing Orientation & Assessment
- Quarterly Well-Being Check-In and Personalised Programme
- Complimentary Group Classes
- Access to Fairmont Gold Lounge
- Access to Pillar Education Events Programme
- Access to Global Residential Retreats

**EXCLUSIVE DISCOUNTS**

- 25% off Room Rate
- 20% off Spa Treatments
- 10% off Retail, Food & Beverage

Pillar can effectively track health and performance-based metrics to ensure guests are moving effectively and efficiently towards a place of greater health and happiness.





# Couple Membership

**1 YEAR**

**24,000 QAR**

**MEMBERSHIP INCLUSIONS**

- 1x Personal Training Session Per Month Per Person
- 1x Recovery Session Per Month Per Person
- 1x Aqua Training Class Per Month Per Person
- 12x Day Pass Per Year
- 12x Massages Per Year Per Person

**ADDITIONAL BENEFITS**

- Introductory Personal Wellbeing Orientation & Assessment
- Quarterly Well-Being Check-In and Personalised Programme
- Complimentary Group Classes
- Access to Fairmont Gold Lounge
- Access to Pillar Education Events Programme
- Access to Global Residential Retreats

**EXCLUSIVE DISCOUNTS**

- 25% off Room Rate
- 20% off Spa Treatments
- 10% off Retail, Food & Beverage



# Couple Membership

**6 MONTHS**

**19,000 QAR**

**MEMBERSHIP INCLUSIONS**

- 1x Personal Training Session Per Month Per Person
- 1x Recovery Session Per Month Per Person
- 1x Aqua Training Class Per Month Per Person
- 6x Day Pass Per Year
- 6x Massages Per Year Per Person

**ADDITIONAL BENEFITS**

- Introductory Personal Wellbeing Orientation & Assessment
- Quarterly Well-Being Check-In and Personalised Programme
- Complimentary Group Classes
- Access to Fairmont Gold Lounge
- Access to Pillar Education Events Programme
- Access to Global Residential Retreats

**EXCLUSIVE DISCOUNTS**

- 25% off Room Rate
- 20% off Spa Treatments
- 10% off Retail, Food & Beverage

A Multifaceted  
approach meticulously  
crafted to harmonise  
performance,  
health, and wellness.





## Day Passes

Unlock Ultimate Relaxation and Fitness.

Experience a day of wellness and rejuvenation with our exclusive day access pass.

Enjoy full access to the state-of-the-art Pillar Gym, indoor pool, invigorating sauna, relaxing steam room, and soothing wet facilities.

Elevate your well-being, recharge your spirit, and indulge in the ultimate relaxation.

5 hours of fitness, tranquility, and sheer bliss.

**DAY PASS | 350 QAR**

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**5 HOURS ACCESS  
WEEK DAYS AND WEEKENDS**



## Group Sessions

An invigorating group classes that cater to all fitness levels, Classes include:

- Yoga for flexibility and inner calm
- Spinning for a heart pumping cardio session
- Meditation to recharge your mind and reduce stress
- Zumba for a fun dance and cardio workout
- Functional training to enhance daily activities
- HIIT (High Intensity Interval Training ) for quick, effective results

Take your fitness journey to the next level with our group classes, get ready to sweat, smile, and see results.

### FOR NON MEMBERS

1 Session (45 minutes)	120 QAR per person
5 Sessions (45 minutes)	500 QAR per person
10 Sessions (45 minutes)	1,000 QAR per person

We proudly utilise innovative design that has been ergonomically structured to positively impact the mental, physical and emotional condition.

Our unparalleled facilities help guests excel beyond their stay with us.





## Opening Hours

SPA TREATMENTS	9:00 AM TO 9:00 PM
SPA FACILITIES	6:00 AM TO 10:00 PM
GYM	6:00 AM TO 10:00 PM
INDOOR POOL	8:00 AM TO 8:00 PM



## TERMS AND CONDITIONS

FAIRMONT HOTEL, DOHA HAS ISSUED THE FOLLOWING TERMS AND CONDITIONS TO ENSURE THE COMFORT OF ALL THEIR MEMBERS AND GUESTS USING THE PILLAR WELLBEING SERVICES, IT IS THE OBLIGATION OF EACH MEMBER AND GUEST TO ADHERE TO THESE TERMS AND CONDITIONS AND TO ENSURE THAT ALL ACCOMPANYING GUESTS FOLLOW THE GUIDELINES, FAILURE TO DO SO MAY RESULT IN THE IMMEDIATE CANCELLATION OF MEMBERSHIP WHICH ARE AS FOLLOWS:

All memberships are subject to management approval. The management reserves the right to select and decline memberships without explanation or reason.

All Members will receive a membership card, which must be presented at the facility being used by all members prior to entering the Pillar gym, wellness SPA and pool, Members who do not comply with this maybe denied entry into these areas of the hotel.

Loss of membership cards must be reported immediately. A charge of 50 QAR will be applied for the issuance of a replacement card.

In the case of couple or family membership, only the person listed on the approved membership form may use the Pillar gym, wellness SPA and pool, all membership application must be submitted with the joining fee, this joining fee is non-refundable unless the management decline the application. Joining fee will be adjusted from overall payment of membership fee.

Payment of the membership fee must be made upon acceptance of the application, Guests are not permitted entry to the facilities until the membership fee is paid. The fee is non-refundable and non-transferable.

The management retains the right to revoke the membership without a refund of the fee for any member who violated the hotel's rules & regulations.

The management shall have the right to refuse the renewal of any membership without explanation or reason.

Members may pay with cash/card or sign for any purchases, services or fees incurred.

Discount is only applicable when the membership card is used at the wellness facilities and dining services at the hotel.

Members must accompany their guests. Guests arriving without the member will be refused admission.

Members are liable for property damaged or destroyed by the member or their guests.

The hotel management and owners at Fairmont accepts no liability or responsibility for any injury or loss of life to any members or guests whilst on the property.

Loss or damage to property or valuable is the sole responsibility of the members or guests.

Members are permitted to bring a maximum of 4 guests at a time during the week and 2 guests on the weekend. The weekend is considered as Thursday & Friday.

Before being permitted entry to the property, all visitors must pay the guest fee. If a member is joined by a friend, that member will be responsible for paying all fees.

Members are responsible for the behaviour of their guests and to ensure that they comply with the rules and regulations of The Wellbeing Club and Spa.

Domestic employees of members will not be permitted to use the facilities at the hotel.

Use of sophisticated camera and filming equipment for commercial or personal filmmaking or photo shooting is not permissible, without prior Management approval.

Members will only receive assistance from Pillar performance coaches at the Fairmont hotel; they are not permitted to bring their own personal trainers.

Food & Beverage cannot be brought into the hotel from outside for consumption on the premises.

Orders can instead be placed with the hotel dining outlets.

Pets cannot be brought into the hotel property: It is forbidden to remove any items belonging to the hotel in any of the areas.

All children must be accompanied by responsible adult 18 years of age or older and who is a member whilst in the Spa at Fairmont spa. Under the age of 18, children will not be allowed to use or enter any wellbeing facilities including the Gym, Sauna, Vitality Pool and Steam Room even if accompanied by an adult.

Family membership includes 2 children up to the age 18 years. Persons exceeding this age will be considered as an adult and must apply for a single membership. Members with more than 2 children in their family are liable to pay a supplement.

The management reserves the right to alter the hours of operation as it deems necessary and without prior notice. The management reserves the right to amend the above Terms & Conditions of the Wellness Spa & Pillar gym if necessary and without prior notice.



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