



A 360 TRANSFORMATION

asaya

**HYBRID**  
HONG KONG



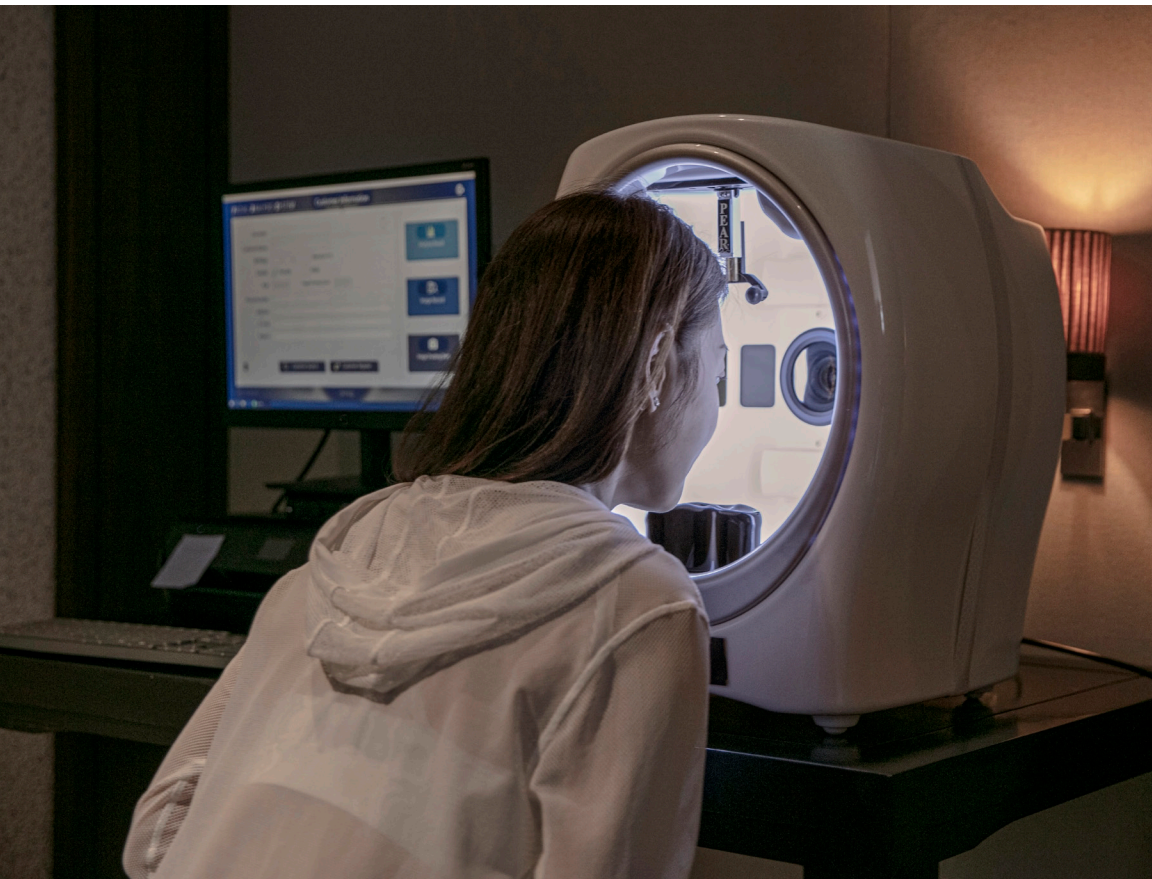


## THE PARTNERSHIP

Asaya was created as an inclusive community thoughtfully designed to encourage positive growth and embrace holistic well-being. Among our key pillars is physical health, which includes a range of therapies, treatments and other activities to allow members to reconnect with their bodies. To further enhance these offerings, Asaya has entered into a holistic partnership with Hybrid Gym Hong Kong to provide access to its world-class trainers, cutting-edge technology and science-driven approach to achieving health and fitness goals. Let Asaya and Hybrid take your health and fitness to the next level with a customised personal training package or the Asaya X Hybrid 360 membership combining the best in fitness training and inspired well-being.

## A HOLISTIC APPROACH

Created to provide a true 360-degree approach to optimising your well-being across physical, nutritional, emotional and advanced skin health. This unique Asaya X Hybrid 360 membership features a wide range of benefits from both Asaya and Hybrid Gym Hong Kong. In addition to 18 weeks of unlimited access to Asaya facilities including the pool and fitness centre, members will receive 36 personal training sessions; sports therapy, rehabilitation, naturopathy and mental health sessions; a series of skin health treatments; and expert consultations on everything from goal setting to posture correction.



# ASAYA X HYBRID 360

## Your Well-Being Inclusions

- One 30-minute Goal Setting and Body Composition Test by Hybrid
- One 30-minute Pear-3D Facial Skin Analysis
- One 30-minute Rehabilitation or Postural Assessment
- One 30-minute Mental Well-Being Assessment
- One 45-minute Anchor Coach Meeting - Naturopathic Consultation

## Tailored Well-Being Inclusions

- Thirty-Six Personal Training Sessions
- Ten Asaya Practitioner Sessions
  - Naturopathy
  - Emotional Mental Well-being
  - Sports Therapy and Rehabilitation
- Six Advanced Skin Health Treatments
- One Tonic Atelier Body Treatment

## Benefits

- Shoe locker
- Welcome Asaya Gift
- One breakfast or lunch at Asaya Kitchen
- Preferred rate on Social House bookings
- Priority bookings with Resident Practitioners
- Priority bookings to Asaya well-being workshops and events
- Priority guest room bookings and upgrade at Rosewood Hong Kong
- Full access to fitness centre, swimming pool and well-being classes
- Access to Glass House, Urban Garden, Bath House and Asaya Gallery during operational hours
- 15% savings at Asaya Kitchen
- 10% savings on wellness services
- 10% savings on beauty retail products
- 50% savings on laundering services

Terms and conditions apply.

**Individual Membership**    HKD 80,000



## PERSONAL TRAINING AT ASAYA

Hybrid Gym Hong Kong has built its reputation as a state-of-the-art performance centre through its professional and highly personalised training services. Asaya members can enjoy the same care and expertise with a single training session or series of 36 sessions with Hybrid's senior coach Dan Dubois. The individualised, science-based approach to training is designed to help you achieve your unique health and fitness goals in an optimal, sustainable way. Whether you are looking to lose weight, build strength, enhance mobility or improve health markers, Dan can create a plan that works for you and allows you to have fun at the same time.

**Single Session**    HKD 1,380

**Series of 18**        HKD 24,000

**Series of 36**        HKD 48,000



asaya

6/F rosewood hong kong, victoria dockside,  
18 salisbury road, tsim sha tsui, kowloon, hong kong

t. +852 3891 8588

[hongkong.asaya@rosewoodhotels.com](mailto:hongkong.asaya@rosewoodhotels.com)