

HEALTH & FITNESS
CLUB

Summer Membership Collection 2026

Exclusive wellness, fitness and lifestyle privileges designed around modern city living.

MEMBERSHIP OPTIONS

 1 MONTH
QAR 1,000

 3 MONTHS
QAR 2,363

 6 MONTHS
QAR 2,925

 ANNUAL
QAR 3,757

Seasonal memberships available until 31 August 2026

INCLUDED IN EVERY MEMBERSHIP



Full Health & Fitness Club Access



10% Savings on Personal Training Sessions



15% Savings on Lamara Spa Treatments



25% Dining Benefits Worldwide Through IHG One Rewards



Complimentary Parking Access

MEMBERSHIP COMPARISON

Benefit	1 M	3 M	6 M	Annual
Complimentary Day Passes	1	2	3	4
✦ 20% Dining Privileges across selected dining destinations	✓	✓	✓	✓

✦ Included outlets : La Parisienne, The Square, The Asian Kitchen, Al Jalsa Garden Lounge, Steak and The City, and Curry House.



More Than A Gym Membership

Your membership opens the door to a complete lifestyle experience. Train with state-of-the-art fitness facilities, enjoy preferred dining privileges across selected restaurants, unwind at Lamara Spa and benefit from exclusive member advantages designed to complement your everyday routine.

TRAIN. RECHARGE. DINE. THRIVE.

46th Floor

InterContinental Doha The City
Off Al Wahda Road, West Bay, Doha, Qatar
dohawestbay.intercontinental.com



INTERCONTINENTAL
DOHA THE CITY

Daily | 6 am - 10 pm
T: +974 4015 8888 | 30983103
spa.icdohacity@ihg.com