



In Balance by NOVOTEL Fitness



Our InBalance has all the elements to secure your balance physically and mentally during your stay at Novotel. Take the time to rejuvenate and relax. InBalance's facilities include a gym, an outdoor swimming pool, and sauna facilities for ladies and men.

A spacious gym of 184 m² is equipped with full selection of weights and the latest fitness equipment for both cardiovascular conditioning and body shaping.

Location and Facilities

Located at the Hotel's podium, InBalance opens daily for hotel guests and its Club members.

- NEWLY RENOVATED AND FULLY-EQUIPPED GYMNASIUM
- OUTDOOR SWIMMING POOL
- SAUNA ROOM
- AIR-CONDITIONED FITNESS AREAS
- CARDIO WORK OUT

Facilities:

- The award winning Adaptive Motion Trainer integrating personal entertainment with cardio fitness equipment
- Fully equipped and air-conditioned fitness areas
- Large selection of free weight
- Cardiovascular fitness training equipment
- Outdoor swimming pool (15m x 10m) and children's pool
- Male and female saunas
- Qualified personal training instructors
- Full fitness appraisal and tailor made fitness programmes
- Professional coaching for swimming (charge apply)
- Complimentary towels and day-use lockers (long term locker rental available)

Annual Membership

Join One Year membership at InBalance now to enjoy a host of privileges at Novotel Century Hong Kong.

Benefits at Novotel Century Hong Kong

- 25% discount in Pepino Cucina Italiana, Le Cafe, AK's bar + lounge and Delicious throughout the year (maximum 4 persons)
- 10% discount on meeting packages throughout the year
- Voucher for Buffet Dinner for 1 person in Le Cafe
- Voucher for Sandwich Set for 1 person in Delicious
- Voucher for complimentary bottle of house wine for patronizing dinner at Pepino Cucina Italiana at/over \$500.

Other Benefits

- 40% discount on laundry services at Novotel Century Hong Kong
- 15% discount on all published rates at Ibis North Point



Opening Hours:
6:00am - 10:00pm (Daily)

For enquiry or to arrange for a site inspection, please call InBalance by Novotel:
2598 8888 ext. 6308