



Health & Fitness Club

Members of the SPA InterContinental have full access to our 24-hour, state-of-the-art Health & Fitness Club where your well-being is our priority. Our 2,200-square-foot fitness center is contemporary and has a vast wall of windows that gives the feel of an outside workout.

Our club is equipped with the most cutting-edge strength training and cardiovascular equipment, by Matrix. Also, we feature a spectrum of machine and free weights, treadmills, cycles, ellipticals, and expert trainers to give you your best workout.

After you put your mind and body to the test, enjoy a refreshing dip in our 2,500-square-foot indoor heated lap pool. Then, relax and unwind in our steam rooms and refresh in our fully stocked locker rooms.

HOURS OF OPERATION
Monday - Friday 9am - 8pm
Saturday - Sunday: 7am - 8pm

MEMBERSHIP RATES

ENROLLMENT FEES
Wellness Membership: \$300
Fitness Membership: \$200
Spa Membership \$100

MONTHLY DUES
Wellness ICB Resident Membership \$229 with one 60 min spa service per month
Wellness Membership \$249 with one 60 min spa service per month

Include all Fitness Membership benefits, plus:
One complimentary 60-minute massage or facial per month
12 complimentary guest passes per year.
20% off all regular priced SPA and Salon services Sunday - Thursday
20% off all guest passes
20% off regular priced merchandise
Priority access to exclusive spa events

Spa Membership \$119

One complimentary 60-minute Swedish Massage or 60-minute Classic Facial per month,

Fitness Membership \$145 ICB Resident \$123

One complimentary Fitness Assessment per year. plus:
15% off all regular priced SPA and Salon services Sunday - Thursday
15% off all guest passes
15% off regular priced merchandise
New membership referral bonus

Membership required to receive benefits. Some restrictions apply. Rates subject to change without notice, terms & conditions apply.

For questions, contact the SPA directly at:
617-217-5090