

Enjoy Your Work Out

In-Room gym equipment rental service

We have selected these additional services to add-on to your ASQ stay.

*Advance reservation is highly recommended (at least 3 days before arrival)



Treadmill THB 9,000.- / your whole stay

- Speed Range: 0.8 - 12 mph
- Running surface: 42 x 125 cm.
- Elevation: 0-3 level
- Training program: 15 program
- LED Blue blackfit display
- Display fuction: Time, distance, calories, incline, pulse, speed
- Max user weight : 110 kgs

Recumbent Bike THB 6,000.- / your whole stay

- Magnetic disk: 7 kgs
- Training intensity : 15 levels
- Big anti-slip pedals
- Max loading weight: 120 kgs
- Display fuction: Time, distance, speed, calories, pulse, RPM
- LCD display : 130 x 60 mm.
- LCD performance : Fat%, BMR, BMI



Spinning Bike THB 6,000.- / your whole stay

- Magnetic disk: 13 kgs
- Adjustable Seat / Hand
- Big anti-slip pedals
- Max loading weight: 120 kgs
- Display fuction: Time, distance, speed, calories, pulse, RPM

Elliptical THB 6,000.- / your whole stay

- Magnetic disk: 8 kgs
- Training intensity : 15 levels
- Big anti-slip pedals
- Max loading weight: 120 kgs
- Display fuction: Time, distance, speed, calories, hand pulse sensor, RPM
- LCD display : 130 x 60 mm.
- LCD performance : Fat%, BMR, BMI



Upright Bike THB 6,000.- / your whole stay

- Magnetic disk: 7 kgs
- Training intensity : 15 levels
- Big anti-slip pedals
- Max loading weight: 120 kgs
- Display fuction: Time, distance, speed, calories, pulse, RPM
- LCD display : 130 x 60 mm.
- LCD performance : Fat%, BMR, BMI

Drumbbells with rack & rubber mat

- 5 – 30 Lbs THB 8,000.- / your whole stay
- 5 – 50 Lbs THB 9,000.- / your whole stay

*Only for Suite Room



Rowing Machine THB 6,000.- / your whole stay

- Magnetic brake system
- Flywheel system : 7 kgs
- Training intensity : 8 levels
- Display fuction: Time, calories, speed
- Max user weight : 120 kgs

Remarks :

- Equipment is subject to availability
- Due to size, the dumbbells with rack can only be set in Suite Room.
- 1 unit of equipment per 1 room only.