



Ground Floor ● Fifth Gym

Welcome to our Ground Floor at Fifth Gym, where luxury meets fitness! We are thrilled to offer an array of premium facilities designed to create the ultimate member experience. Our commitment is to provide you with a holistic wellness journey that goes beyond the conventional gym setup. Here are the exceptional features that await you:

Fifth Gym · Relaxation Lounge



Complete your gym experience in our dedicated relaxation area. Sink into comfortable loungers and savour the tranquility of this serene space. This area is the perfect place to meet, greet, eat, drink and relax. In this space we will also be hosting lots of community events and socials.

Fifth Gym · Skills Yard



This versatile area is designed for functional training, where you can enhance your agility, strength, and coordination. Fifth Gym has joined up with 'Teambeats' to provide endless layouts and infinite virtual work outs and programmes that challenge both your body and mind.

Start a class any time 24/7 with or without a trainer or class instructor.

Fifth Gym · Hydration Stations & Vending machines - with a difference:

Introducing our new hot and cold-water hydration station! This unique station offers Purified Alkaline Water enriched with essential minerals and electrolytes for immune support and rapid rehydration.

- Energize your body during workouts with this refreshing water, available in various flavours
- Increased oxygen levels for recovery
- Advanced purification
- Mineral enhancement
- Electrolyte replacement, and pH balance.

Plus, stay conveniently fuelled with vending facilities providing a range of products from protein powders to beverages and more. (which is caused by daily factors such as an unbalanced diet, environmental impurities, and stress)

Fifth Gym · Wellness Centre



Your recovery matters to us. Indulge in our dedicated recovery area and Sauna and Steam Rooms where CryLounge and HydroMassage offer rejuvenating massages and treatments to ease tension, improve circulation, and promote overall well being and Sauna and steam rooms offer you a place to unwind, relax, and rejuvenate. Treat yourself to a touch of luxury and self-care.

- Relief of minor aches and pains, muscle soreness, stiffness, and tension
- Reduces level of stress and anxiety
- Deep relaxation and wellness
- Increases circulation in local areas where massaged

Fifth Gym · Ice Bath



Experience the refreshing benefits of our ice bath, designed to aid in muscle recovery and reduce inflammation. Immerse yourself in this invigorating experience that promotes faster recovery after intense workouts.

