

SOUND BODY™

BY HARD ROCK

HARD ROCK HOTEL MALTA'S INTEGRATED
WELLNESS DESTINATION

BUILT ON MOVEMENT. RECOVERY. MINDFULNESS. COMMUNITY.

Sound Body is Hard Rock Hotel Malta's wellness ecosystem, bringing together high-performance fitness, transformative spa experiences, recovery, and mindfulness under one roof.

Designed for both hotel guests and members, Sound Body combines world-class facilities, expert-led programming, and a social wellness culture unlike any other in Malta.

Step into over 2,000 sqm of cutting-edge fitness space, designed for versatility and results. From strength and cardio to functional training and performance zones, every area is built to support a complete holistic journey.

Home to one of Malta's largest hotel fitness centers and wellness floors, Sound Body redefines the modern mind-body experience.

body :rock | rock  spa



PERFORMANCE. ENERGY. RESULTS.

Body Rock® is a next-generation training space powered by the latest Technogym ecosystem with an area dedicated to the ARTIS luxury range and Biostrength technology, delivering a fully personalised fitness experience through real-time performance analytics.

Located within one of Europe's largest hotel fitness center and wellness floors, Body Rock® offers over 2,000 sqm of premium fitness and wellness facilities, including multiple classes, lifestyle health assessments and integrated recovery zones.

With compression boot therapy, sauna, steam, Hammam, squash, a world-class spa, plus a health bar and lounge all on the same floor, Body Rock® combines performance, recovery and luxury in one complete wellness destination.

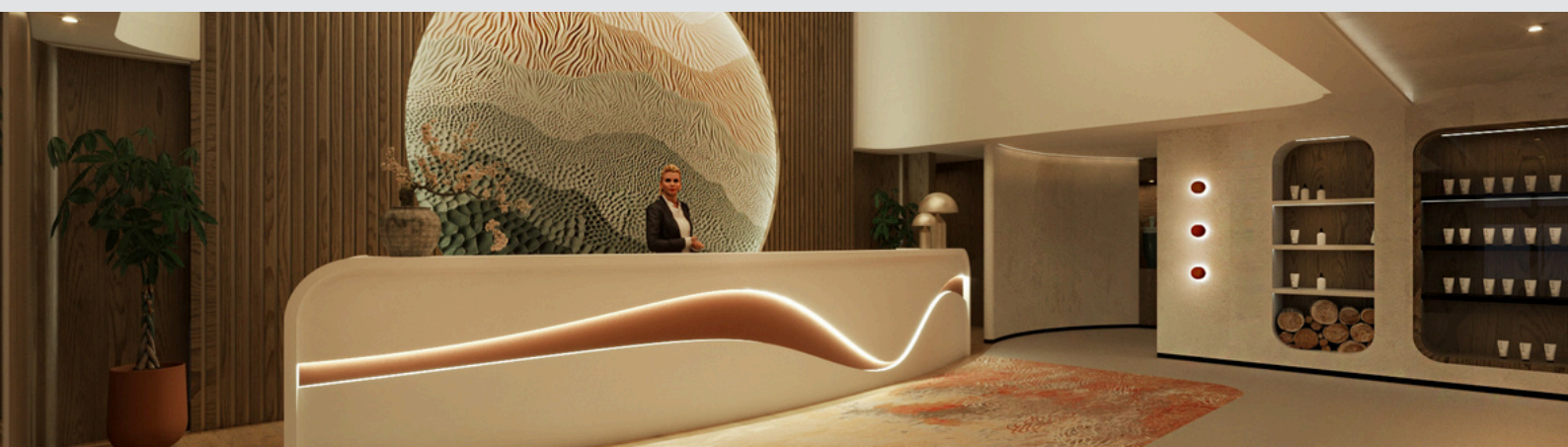


FIND YOUR RHYTHM

Step into serenity at Rock Spa®, the largest spa on the island, where music and well-being come together in harmony. Rooted in the philosophy of performance, recovery, and rhythm, every experience blends sound and wellness.

Set within a 1,800 sqm sanctuary, the spa features a hydrotherapy circuit including sauna, steam room, salt room, indoor pool, jetted tub, cold plunge, ice fountain, sensory showers, relaxation lounge, and private treatment suites, including couples' rooms. Signature music-infused therapies and curated rituals complete the experience.

Guests can also enjoy our wellness retail boutique and dedicated recovery facilities, creating a holistic wellness experience alongside our fitness offerings. Rock Spa® is a complete wellness destination for guests aged 16 and above.





ELITE MEMBERSHIP

The Full Performance & Wellness Experience

For those who want everything. Precision training, recovery, and premium lifestyle benefits.

What's included:

- Full access to Fitness Center, including Technogym Artis Luxury Biostrength equipment with full AI integration and physical rehab areas
- Access to Indoor Pool and Thermal Facilities
- Access to Recovery Lounge
- Access to Lap Pool
- Personal locker and towel service
- Personalised bathrobe with member initials**
- 3-hour complimentary parking per visit
- Physical assessments and personal training sessions*:
 - 1 Year membership: 6 physical assessments + 12 personal training sessions (55 min each)
 - 6 Months membership: 3 physical assessments + 6 personal training sessions (55 min each)
- Access to Group classes (Core + Virtual classes)
- Offer of Technogym Mywellness band*
- 2-Night complimentary hotel stay in a superior room with breakfast (subject to availability)**

Additional benefits:

- 30% discount on Spouse membership* / **
- 20% discount on Spa treatments
- 10% discount on F&B outlets, specific retail products, squash court, specialized group fitness classes and personal training packages

	1 YEAR	6 MONTHS	1 MONTH	DAILY
Memberships	€1,920	€1,100	€400	€100

**Valid for 6 months membership*

***Valid for 1 year membership*



SIGNATURE GYM MEMBERSHIP

Elevated Training, Simplified

Designed for consistency, progression, and access to the essentials.

What's included:

- Access to Fitness Center with newest generation of Technogym equipment
- Access to Indoor Pool and Thermal Facilities
- Towel service
- 3-hour complimentary parking per visit
- Physical assessment*
- Access to Group Classes (Core + Virtual classes)

Additional benefits:

- 30% discount on Spouse membership*
- 15% discount on Spa treatments
- 30% discount use of Recovery Lounge
- 10% discount on F&B outlets, specific retail products, squash court, specialized group fitness classes and personal training packages

	1 YEAR	6 MONTHS	3 MONTHS	2 MONTHS	1 MONTH	1 WEEK	DAILY
Memberships	€1,200	€720	€420	€285	€150	€108	€55
Off Peak 11 a.m - 4 p.m	€982	€540	€279	-	€108	-	-

**Valid for 6 months and 1 year membership*



RECOVERY MEMBERSHIP

Reset. Recharge. Restore.

Perfect for those prioritising recovery, relaxation, and low-impact wellness.

What's included:

- Access to Indoor Pool and Thermal Facilities
- Towel service
- 3-hour complimentary parking per visit
- Wellness assessment*

Additional benefits:

- 15% discount on Spa treatments
- 10% discount on F&B outlets
- 10% discount on specific retail products
- 10% discount on squash court, group fitness classes and personal training packages

	1 YEAR	6 MONTHS	1 MONTH	1 WEEK	DAILY
Memberships	€550	€355	€100	€80	€35

**Valid for 1 year membership*



	RECOVERY	SIGNATURE GYM	ELITE
Fitness Center access		✓	✓
Technogym equipment		✓	✓
Biostrength equipment			✓
Indoor pool access	✓	✓	✓
Thermal facilities access	✓	✓	✓
Lap pool access			✓
Recovery lounge access		30%	✓
Personal locker			✓
Towel service	✓	✓	✓
3-hour complimentary parking per visit	✓	✓	✓
Physical assessments	✓	✓	✓
Spouse membership discount		30%	30%
Core & Virtual classes		✓	✓
Technogym band			✓
2-night complimentary hotel stay			✓
Personalised bathrobe			✓
Spa treatments discount	15%	15%	20%
F&B, retail and personal training discount	10%	10%	10%



FEEL THE DIFFERENCE

Stronger body.
Clearer headspace.

Sound Body is built for those who want more from their routine not just results, but balance, consistency, and a space that actually supports it.

This is your time to reset, rebuild and move forward with intention.

As part of our early community, you're first on our list for priority access to these exclusive memberships.

Stay tuned!



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body : rock | rock ∞ spa

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