

SANTA MONICA

# PROPER CLUB

SANTA MONICA PROPER MEMBERSHIP

We merge Proper's signature style with high-performance fitness, restorative wellness, state-of-the-art amenities, exclusive hotel benefits, and a unique community experience.



## SANTA MONICA PROPER CLUB EXPERIENCE

### FITNESS

ACCESS TO THE FOLLOWING COMPLIMENTARY EXPERIENCES:

Daily use of our state-of-the-art fitness center

10+ fitness and wellness classes each week

Monthly classes at each of the following neighboring studios: Barry's, BodyROK Pilates, CAMP, Sweat Yoga, Studio Elevate and Heated Room.

Bi-monthly fitness and wellness programs

Annual Membership to Evlo Fitness Workout App

### WELLNESS

ACCESS TO THE FOLLOWING COMPLIMENTARY EXPERIENCES:

Daily use of Club Lounge & Terrace featuring private showers, cold plunges, infrared and dry saunas

Two annual 60-Minute Private Recovery Suite Sessions including the Ammortal Chamber

Homemade Ayurvedic welcome lunch at Surya Spa

### EVENTS & COMMUNITY

ACCESS TO THE FOLLOWING COMPLIMENTARY EXPERIENCES:

First access to our Proper Presents Series, music events and cultural programs

Weekly Proper Run Club

Monthly Proper Breakfast Club

Monthly Racket Sports activity

Monthly group activities such as Racquet Sports, Hikes to Volleyball

Quarterly Proper Supper Club

Quarterly talks from renowned wellness industry leaders and longevity experts

### PREFERRED PRICING

DISCOUNTS AND DEALS THROUGHOUT THE PROPERTY AND BEYOND:

Special member menus at Palma and Calabria

15% discount on food & beverage

15% discount on Surya Spa products and select treatments

25% off additional recovery suite sessions and poolside alcoves

Up to 15% discount on Proper hotel rooms at with upgrades upon availability

\$400 off select PrenoVO scans

25% off first BOD DEXA Scan

10% off concierge Drip IV Therapy

\$100 discount on an initial BeSound Scan

10% off Sunset Tennis Club

Special same-day room rate after 4pm

Special member pricing on products like Eight Sleep, Filterbaby, Jaspr, ROKA

Preferential member pricing for private events

### HOTEL BENEFITS

ALL THE WAYS TO LIVE PROPER, EVERYDAY:

Welcome Package including Kelly Wearstler Coffee Table Book

Daily Morning Coffee and Tea Self-Service in Canela Lounge

Work space access throughout Canela Lounge, Palma, and Calabria

2 complimentary Sunday night stays per year, including a Monday morning breakfast credit

Daily pool access November through April

Discounted valet parking

Private member portal to book all Proper Club experiences + personalized concierge

## FITNESS CENTER

Our newly expanded, 2,500-square-foot fitness center is spacious and thoughtfully designed to elevate your health and wellness journey. Open 24 hours, our fitness center is equipped with state-of-the-art strength, cardio, and functional equipment for an unparalleled experience.





## FITNESS EQUIPMENT INCLUDES

### STRENGTH EQUIPMENT

Dumbbells  
Fixed Barbell Rack and Barbells  
Kettlebells  
Medicine Balls  
Smith Machine  
Adjustable Bench  
Chest Press & Shoulder Press  
Low Row Pulley & Lat Pulldown  
Leg Press, Dual Leg Curl/Extension  
Squat Max MD  
Grip Plates and Bumper Plates  
Custom Half Rack Rig

### RECOVERY + MOBILITY

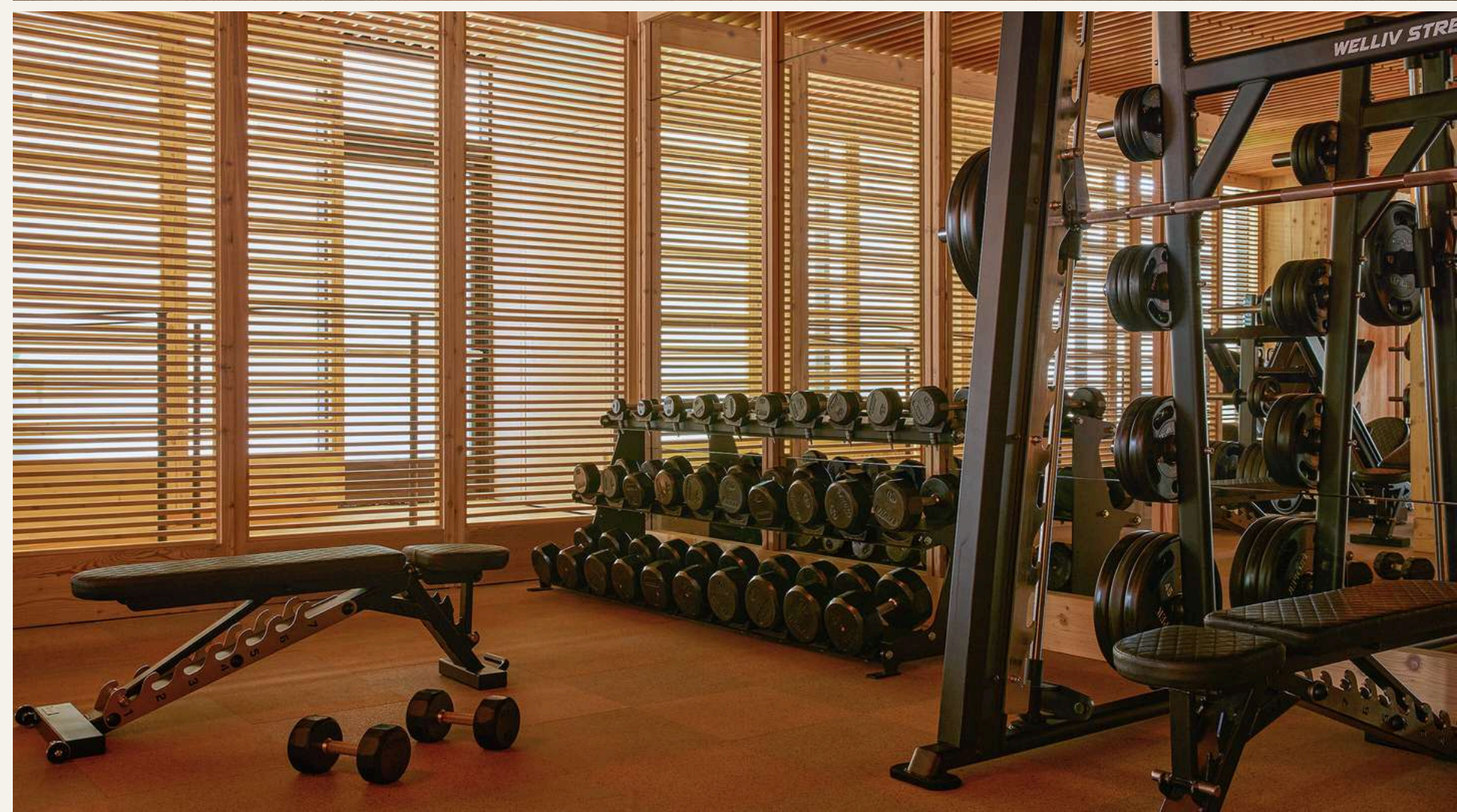
2 Pilates Reformers

### CARDIO EQUIPMENT

5 Woodway Treadmills  
Watt Pro Trainer Bike  
4 Pelotons  
Technogym Elliptical  
Technogym Stair Climber  
Echo Bike  
Concept II Rower

### FUNCTIONAL TRAINING

Functional Trainer  
Wall Mounted Rope Trainer  
Tank M1 Sled  
Concept II Ski Erg  
Bosu Balls



## FITNESS PROGRAMMING

Transform your wellness routine with our comprehensive daily class schedule, designed to challenge, restore, and elevate your practice. From high-intensity training to restorative movement, our expert instructors guide you through thoughtfully curated sessions that adapt to every fitness level and goal.

We also offer performance service such as VO2 Max Testing & Analysis, advanced metabolic assessments to optimize your training and performance and Personal Training, one-on-one sessions with certified trainers tailored to your individual goals



**SAMPLE FITNESS SCHEDULE**

SANTA MONICA PROPER

<b>MONDAY</b>	8am - 9am	HITT	Cassandra	Helios Studio
<b>TUESDAY</b>	8am - 9am	Vinyasa Yoga	Ilana	Helios Studio
	6:30pm- 7:30pm	Yoga Flow & Chill	Rebecca	Helios Studio
<b>WEDNESDAY</b>	7:30am - 8:30am	Proper Run Club	Swen	Paseo
	10am - 11am	Yoga Flow & Stratch	Rebecca	Helios Studio
<b>THURSDAY</b>	6:30am - 7:30am	Surya Dosha Yoga	Chiara	Helios Studio
	9am - 10am	QiGong	Ariana	Helios Studio
<b>FRIDAY</b>	8am - 9am	Gentle Yoga	Teo	Helios Studio
	9:30am - 10:30am	Mat Pilates	Britney	Helios Studio
<b>SATURDAY</b>	8:45am - 9:45am	Vinyasa Yoga	Ariana	Helios Studio
	10:45am - 11:45am	Pilates	Elizabeth	Helios Studio
<b>SUNDAY</b>	9am - 10am	Vinyasa Yoga	Ilana	Helios Studio
	10:30am	Mat Pilates	Bianca	Helios Studio

## CLUB LOUNGE AND TERRACE

Exclusive access to Club Lounge and Terrace — This 2,300-square-foot lounge is designed for relaxation, rejuvenation and post-workout recovery.

The space features private showers stocked with Aesop skin, hair and body products as well as refreshments and other essentials.

### AMENITIES INCLUDE

2 Cold Plunges at 42° & 50° F

2 Dry Saunas / Infrared Sauna

Filterbaby Sink and Shower Filters

Storage Lockers for personal items

Hyperice Normatec Boots

Hyperice Venom 2 Back









## **CLEARLIGHT INFARED SAUNA**

The Clearlight Sanctuary Saunas are unlike any other. They are the only true Full Spectrum infrared saunas available offering advanced near, mid and far infrared technologies. The robust True Wave™ Full Spectrum heating system provides all wavelengths 100% of the time to optimize your sauna session.

Benefits include stress reduction, improved circulation, muscle and joint pain relief, and detoxification.

## MINERAL BATH

THE NEXT BEST THING TO A NATURAL HOT SPRING

The Morozko Hydrogen Hot Bath delivers minerals, grounding, and hydrogen chemistry for reducing symptoms of chronic oxidative stress, all without chlorine or other added chemicals. Hydrogen mode will relieve the symptoms of chronic oxidative stress by facilitating transdermal absorption of hydrogen into the body. This reduction of chronic oxidative stress helps relieve symptoms of joint pain, inflammation and provides necessary recovery from prolonged states of reactive oxygen species.

Morozko Hydrogen Hot Bath also includes massage jets, taking rejuvenation a step further.

*Coming to the Club Lounge November 2025.*



## PRIVATE RECOVERY SUITE

Discover complete relaxation and rejuvenation in our new Recovery Suite, with practices that work in synergy to relax muscles, increase circulation, and promote overall health. Step into our dry sauna and invigorating cold plunge to experience the revitalizing benefits of contrast therapy; recharge with our Joovv full-body red light therapy wall; and complete your wellness reset with Theraboos compression therapy.

### AMENITIES INCLUDE

Ammortal Chamber

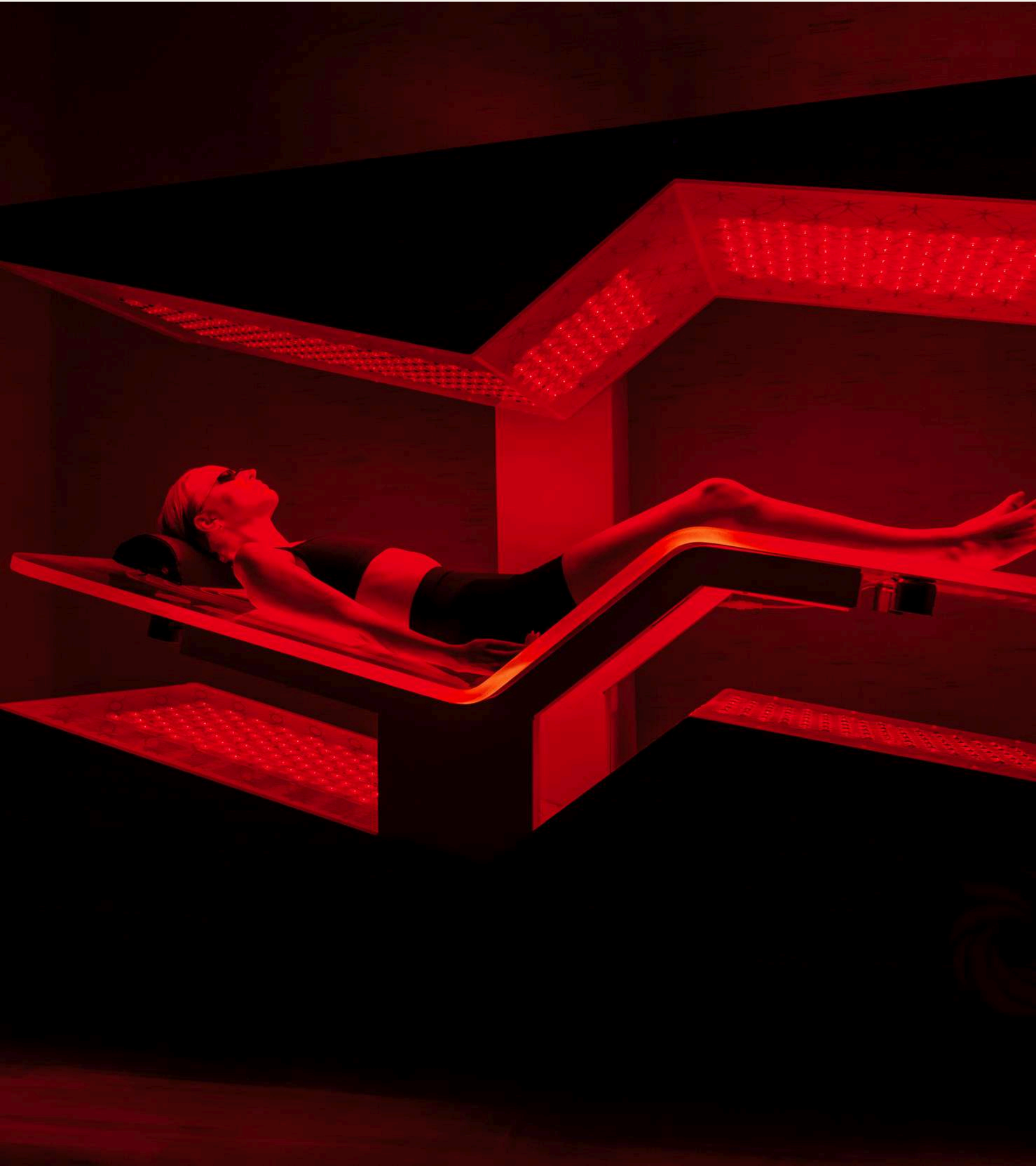
Cold Plunge

Dry Sauna

Joovv Red Light Therapy

Therabody Compression Boots





## AMMORTAL CHAMBER

Unlike other products, the Ammortal Chamber quickly calms your nervous system, shifting you out of fight-or-flight mode so your body can fully absorb the various modalities and stimulate recovery. The synergy of these modalities creates an enjoyable, restorative experience that is greater than the sum of its parts. Whether you're looking to recover from daily stresses or aiming to enhance your long-term wellness, the Ammortal Chamber is the fastest way to reset, recharge, and rejuvenate your body, mind, and spirit—helping you look, feel, and perform better.

## SURYA SPA

Centered around age-old Indian wellness principles from the leaders of modern Ayurveda, Surya offers therapeutic massage, steam and oil treatments, cooking, yoga, meditation, personalized Dosha Yoga consultations, and cleansing Panchakarma programs.

Be nurtured and supported in Surya's serene Santa Monica setting, with treatments available across six rooms, outdoor patios, and lounges.

Members receive a 15% discount on treatments and products, as well as a welcome Ayurvedic lunch and selection of products upon joining.



## PROPER RACQUET PROGRAMMING

### TENNIS

Through our partnership with LA's premier tennis coaches, we offer a best-in-class program tailored to your level and goals. Private instruction, live-ball clinics, and tournament-style play are held at top-tier courts throughout the city. Instruction is consistent, high-quality, and fully aligned with your pace.

### PADEL

The fastest-growing racquet sport in the world finds a natural home here. Our partnership with [PadelUp](#) brings pop-up clinics, tournaments, and guided play to a sport that blends the strategy of tennis with the intimacy of squash. All levels welcome, curiosity encouraged.

### BEACH TENNIS

In partnership with [Ola Beach Tennis](#), we bring the court to the coast. This hybrid sport combines the control of tennis with the movement of beach volleyball for a high-energy, full-body workout, set against Santa Monica's iconic shoreline.



**ADDITIONAL MEMBERS EVENTS AND PROGRAMMING**



**MEMBER DINNERS**



**MEMBER HIKES**



**RUN CLUBS**



**TENNIS & PADEL EVENTS**



**SOUND BATHS**



**LONGEVITY PANELS**



**AYURVEDIC COOKING CLASSES**



**MEMBER BREAKFASTS**

## NEIGHBORHOOD STUDIO PERKS

1 COMPLIMENTARY CLASS PER MONTH AND SPECIAL DISCOUNTS AT THE BEST STUDIOS ON THE WEST SIDE



BARRY'S



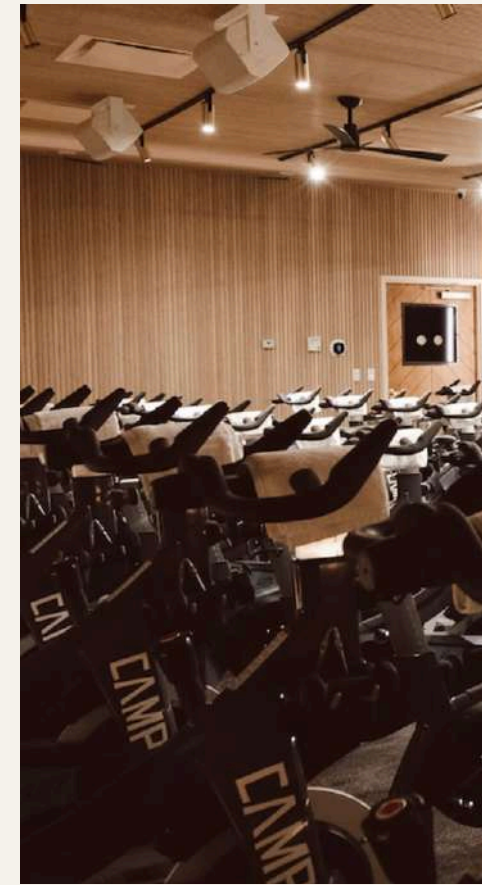
BODYROK



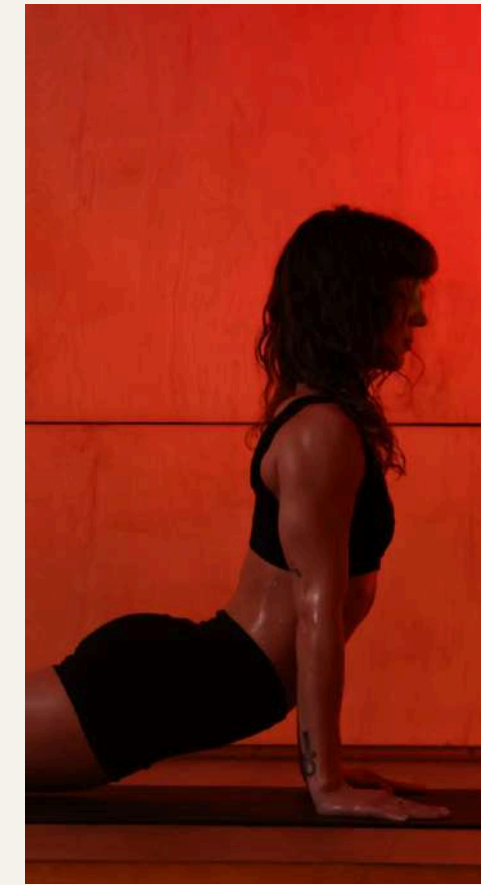
STUDIO ELEVATE



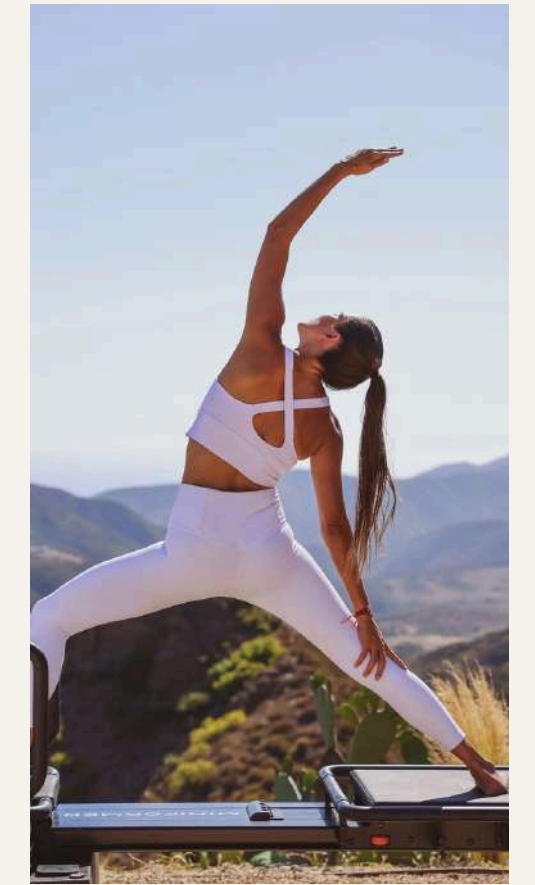
SWEAT YOGA



CAMP LOS ANGELES



HEATED ROOM



PLANKHAUS

## PROPER PRESENTS

CURATED CULTURAL PROGRAMMING ACROSS MUSIC, CONVERSATION, AND COMMUNITY WITH SPECIAL ACCESS FOR OUR MEMBERS



### LIVE MUSIC

Proper sets the stage for intimate performances and unforgettable live sets—where music, atmosphere, and community come together.



### HEALTH, WELLNESS & FITNESS

In partnership with leading wellness brands, we create spaces for transformation and renewal.



### CULINARY & MIXOLOGY

Our culinary experiences bring together acclaimed chefs, mixologists, and thought leaders to craft moments of connection and creativity.



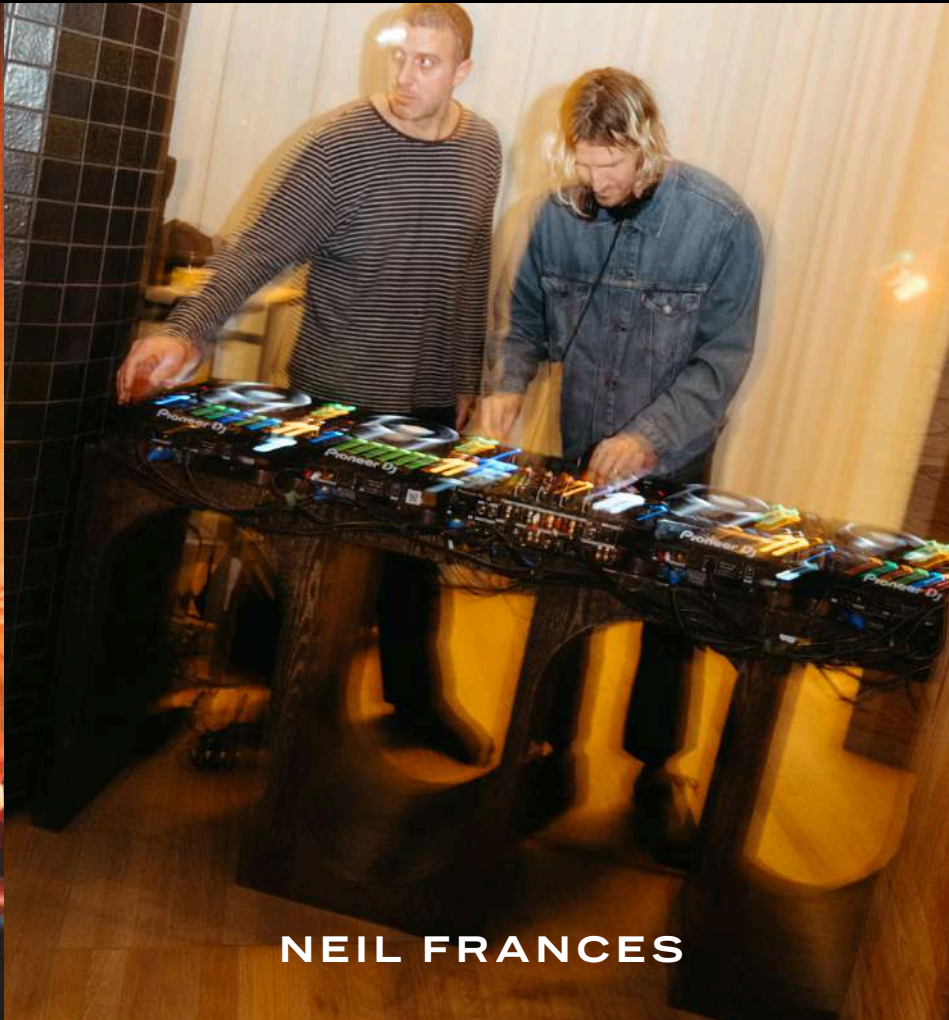
### PANELS & CONVERSATIONS

We foster dialogue and creativity through curated talks and immersive brand moments with cultural tastemakers.

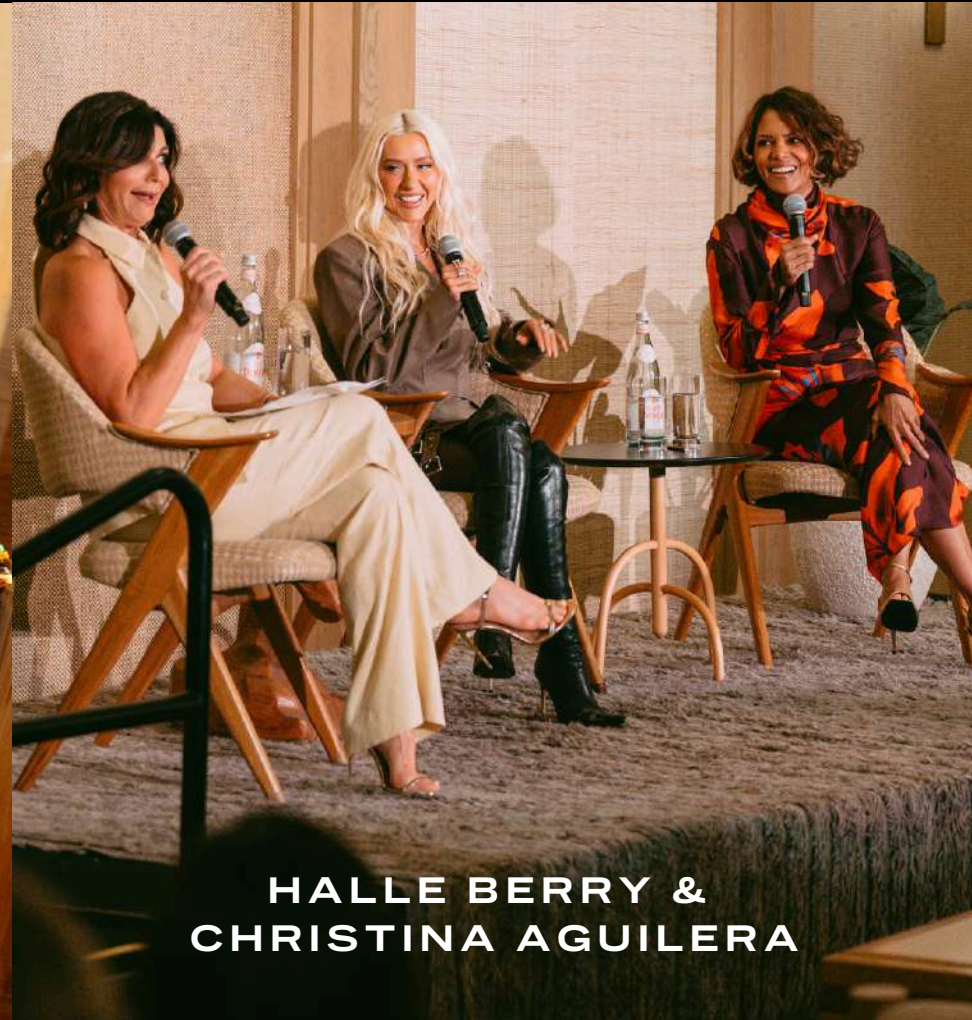
PROPER PRESENTS



PHANTOGRAM



NEIL FRANCES



HALLE BERRY &  
CHRISTINA AGUILERA



ANDERSON .PAAK



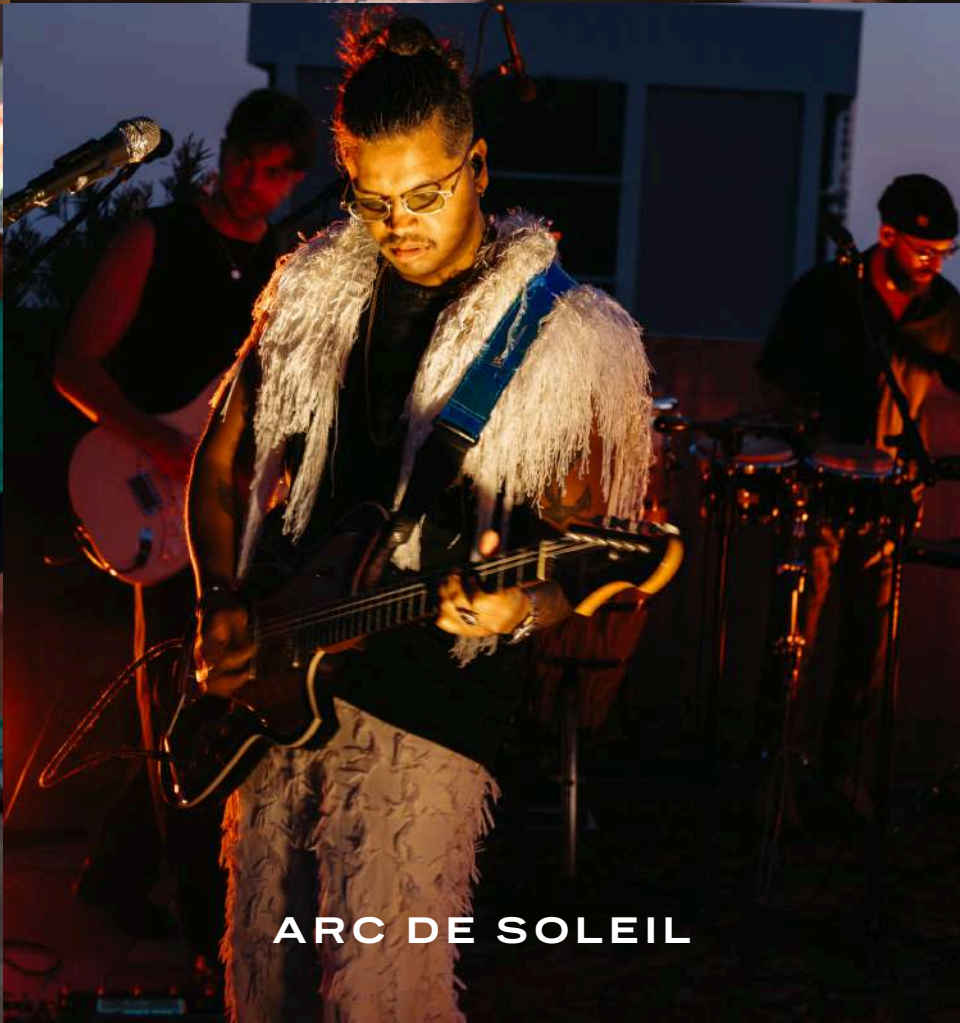
LEON BRIDGES



ST. LUCIA



HOKA RUN CLUB



ARC DE SOLEIL

## MEMBER PRICING OVERVIEW



### PROPER CLUB

#### SINGLE

\$6,500 annual dues with a \$2,500 initiation fee



### PROPER CLUB

#### COUPLES

\$6,500 annual dues with a \$1,500 initiation fee per person

*Please note that both individuals within the couple will need to submit applications.*

**LIVE PROPER. STAY PROPER.**

FOR INQUIRIES, PLEASE CONTACT [SMP.CLUB@PROPERHOTEL.COM](mailto:SMP.CLUB@PROPERHOTEL.COM)  
MEMBERSHIPS ARE SUBJECT TO AVAILABILITY

[APPLY NOW](#)