

Subang Parade: FIT FOR YOU



This premier shopping mall comprises many retail outlets, restaurants, cafes and a large fitness centre to top it all off.

Strategically located in the populous Subang Jaya Township in Selangor, the Subang Parade shopping mall is easily accessible by public transport and is only a 10-minute drive from Petaling Jaya and Shah Alam. It is serviced frequently by commuter trains, taxis and buses.

Established in the late 80s and reputed to be one of the longest standing malls in the country, Subang Parade remains one of the most frequented malls in Selangor. This shopping centre has over 170 retail outlets and offers a wide range of goods and services catering for your every need.

Here you will find an unlimited variety of goods to boost your sheer shopping excitement. In addition to attractive shops, regular events are held in this shopping centre, keeping up to the mall's tagline, "Never Ending Excitement". Exciting, entertaining, fitness and educational events are organized throughout the year and also to mark festive celebrations or special occasions.

Latest to be added to the string of thrilling outlets at this mall is the fitness wing. Popular fitness chain, Celebrity Fitness was introduced last year to the mall, hiking up the number of patrons almost immediately.

With the Subang Jaya area being mainly residential, many locals signed on for packages with this gym. But as it turns out, many even traveled from as far as Shah Alam to participate in the activities at the Subang Parade outlet because of its new facilities, spanking layout and fitness instructors that were attached to this particular Celebrity Fitness centre.

Celebrity Fitness

Subang Jaya, Sunway and USJ, all within Selangor, have become a gold mine for gyms. Many fitness aficionados park themselves in one or another gym in this area simply because of the convenience and the vast options of brands

Situated within the Subang Parade mall, this Celebrity Fitness outlet is one of the largest in the country, spanning a vast 30,000 sq ft. There are three studios at the club; one for dance, one for RPM and one for Yoga and Pilates.

What you will like most is the convenience. With the MPH bookstore right next to you, and an abundance of food and beverage outlets (Coffee Bean, Secret Recipe, Coffee Bean, DOME, etc.) to compliment your workout session, even if your personal trainer worked you to the ground your day will end on a high note.

International Passport holders are welcome to use their memberships at this gym. And for visitors who are looking to try and test, there are free introductory packages that are offered here.

Gym operating hours are 6am to 12am everyday except 8am to 10pm on Sundays. Celebrity Fitness is located at the top floor of the shopping mall, a floor just above the MPH bookstore.

Even if fitness isn't your cup of tea, you will definitely find something at this mall worth the trip for. Subang Parade attracts a host of shoppers, both local and foreign. A small token as an appreciation by the management of Subang Parade awaits every foreign tourist, for choosing them as their shopping destination.



Ample parking space for patrons.



Bric a brac at the mall.



Weekend stalls display a wide variety of nick-nacks

For more details and contact:

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