



LANHYDROCK

HOTEL | GOLF CLUB | FITNESS SUITE

Welcome to the Fitness Suite at Lanhydrock Hotel & Golf Club

"You are invited to become an exclusive Fitness Suite Member at Lanhydrock Hotel and Golf Club, the ultimate luxury environment for fitness and wellbeing in the heart of Cornwall."

The Fitness Suite offers impeccable service from our professional qualified Fitness Instructors. Fully equipped with state of the art equipment from Life Fitness featuring the Discover Series and LF Connect technology we offer the perfect environment to improve your health, fitness and lifestyle. Situated within the main clubhouse in its own purpose built facility, the Fitness Suite offers a complete range of cardiovascular and strength equipment including Lifecycle GX spin bikes and a Dual Assisted Pulley functional training system. Personal Training is available from our REPS Level 3 Qualified Personal Instructors, also providing accredited rehabilitation programmes in accordance with the REPS Level 3 GP Referral standards.

MEMBERSHIP

Lanhydrock Hotel & Golf Club offers exclusive Fitness Suite Membership packages which include:

- * Full Induction on all Fitness Equipment
- * Need Analysis
- * Demonstrations of how to use the fitness equipment
- * Reduced Personal Training Prices for Members
- * Second Membership 30% Discount*

OPENING TIMES

Weekdays: 06:00 until 22:00 **Off Peak:** 09:00 until 16:00

Weekends: 06:00 until 21:00 **Off Peak:** 12:00 until 21:00

Please note the volume of music and TV will be kept low until 8.00AM as courtesy to hotel residents.

PERSONAL TRAINING PACKAGES

Fitness Suite Membership provides access to a wealth of fitness expertise and personal training which is available on a one to one or small group basis for all Members or Non-Members, prices are:

Hour Session Member:	£15	Book Ten One Hour Sessions for £130.
Hour Session Non-Member:	£25	Book Ten One Hour Sessions for £230.

For further information please contact our dedicated Fitness Team on 01208 262570 or email us at lanhydrock.fitness@gmail.com



Membership Tariff 2016

2016	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	No v	De c
Pro-Rata	12	11	10	9	8	7	6	5	4	3	2	1
Standard Tariff												
Full Membership	£39 6	£36 3	£33 0	£29 7	£26 4	£23 1	£19 8	£16 5	£13 2	£9 9	£66	£33
Off Peak Membership	£32 4	£29 7	£27 0	£24 3	£21 6	£18 9	£16 2	£13 5	£10 8	£8 1	£54	£27
Lanhydrock Golf Member												
Full Membership	£19 8	£18 2	£16 5	£14 9	£13 2	£11 6	£9 9	£8 3	£6 6	£5 0	£33	£17
Second Member Discount - Less 30%*												
Full Membership	£27 7	£25 4	£23 1	£20 7	£18 4	£16 1	£13 8	£11 5	£9 2	£6 9	£46	£23
Off Peak Membership	£22 6	£20 7	£18 9	£17 0	£15 1	£13 2	£11 3	£9 4	£7 5	£6 6	£37	£19

Optional Membership Periods

Full Member for any six consecutive months: £248.00

Full Member for any three consecutive months: £149.00

Off Peak Member for any six consecutive months: £200.00

Off Peak Member for any three consecutive months: £125.00

* Available for a partner or family member who permanently reside at the same address. Discount of 30% applies to second membership of same category or lower fee category. In the case of an existing golf member, any category applies to second membership, however this does not apply to two Lanhydrock Golf Members as discount is already applied.

Example 1: Golf Member: £198.00
2nd Member (Full Member): £396.00 (Less 30%) £277.00 (Saving £119.00)

Example 2: Off Peak Member: £324.00
2nd Member (Off Peak): £324.00 (Less 30%) £226.00 (Saving £98.00)

Membership limited and conditions apply

