



## LANHYDROCK

### **Lanhydrock Hotel & Golf Club Fitness Suite Membership 2018**

The Fitness Suite offers impeccable service from our Professional Qualified Team. Fully equipped with excellent 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 in its own purpose built facility, the Fitness Suite offers a complete range of cardiovascular and strength equipment. Personal Training is available from Jason Timms.

Please discuss with us the membership options that will suite you best.

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

- \* Full Induction/Demonstration on all Fitness Equipment
- \* Need Analysis
- \* Excellent opening hours
- \* Personal Training Individually, Group and Classes
- \* Second Membership Offer (*see membership options*)
- \* Health Check and Nutrition Advice

#### **PERSONAL TRAINING WITH JASON TIMMS**

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.

Examples:

Hour Session 'One to One' at £30.00

Block Booking four x one hour sessions at £25.00.

Block Booking eight x one hour sessions at £22.50.

Block Booking Four x one hour sessions at £25.00.

Hour Joint Session (two people) at £17.50

Block Booking four x one hour sessions at £15.00.

Block Booking eight x one hour sessions at £13.50.

Prices quoted per person per session. For further information please contact our dedicated Fitness Instructor Jason Timms on 01208 262570 or at [golf@lanhydrockhotel.com](mailto:golf@lanhydrockhotel.com)

#### **FITNESS SUITE GUEST FEES**

Guest Fee Per Day at £15.00 & Members Guest Fee Per Day at £7.50

*Please note the volume of music and TV will be kept low until 8.00AM as courtesy to hotel residents. Visit our website or ask within the Fitness Suite for our Full terms & Conditions.*

## MEMBERSHIP OPTIONS

Annual membership commences on the 1<sup>st</sup> January. Fees charged pro rata as the year progresses.

Annual Full Member	£384.00
Annual Off Peak Member	£324.00
Six Month Full Membership	£240.00
Six Month Off Peak Membership	£192.00
Monthly Membership	£ 45.00

**Please note** that it is beneficial to utilise pro rata subscription rates' if joining as a six month member from June onwards. See table to compare rates.

2018	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>Monthly Pro-Rata</b>	<b>12</b>	11	10	9	8	7	6	5	4	3	2	1
<b>Standard Tariff</b>												
Full Membership	£384	£352	£320	£288	£256	£224	£192	£160	£128	£96	£64	£32
Off Peak Membership	£324	£297	£270	£243	£216	£189	£162	£135	£108	£81	£54	£27
<b>2nd Member Discount **</b>												
Full Membership	£324	£297	£270	£243	£216	£189	£162	£135	£108	£81	£54	£27
Off Peak Membership	£264	£242	£220	£198	£176	£154	£132	£110	£88	£66	£44	£22

See Golf Membership tariff for inclusive golf and gym membership rates. Golf Members may choose a membership that is inclusive or exclusive of Fitness Suite Membership  
All membership prices are inclusive of VAT @ 20%

**\*\* Second Member Deal:** Available for a partner or family member who permanently reside at the same address. Applies to second membership of the same duration, 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:  
2<sup>nd</sup> Member (Full Member): £312.00

Example 2: Off Peak Member Std Rate: £324.00  
2<sup>nd</sup> Member (Off Peak): £264.00