



LANHYDROCK
HOTEL | GOLF CLUB | FITNESS SUITE

PERSONAL TRAINING WITH JASON TIMMS

Gym Membership provides access to our expert Personal Trainer - available on a one-to-one or small group basis for all Members.

HOURLY SESSION ONE-TO-ONE - £30

BLOCK BOOKING FOUR X ONE

HOURLY SESSIONS - £25

BLOCK BOOKING EIGHT X ONE

HOURLY SESSIONS - £22.50

HOURLY JOINT SESSION (TWO PEOPLE) - £17.50

BLOCK BOOKING FOUR X ONE

HOURLY SESSIONS - £22.50

BLOCK BOOKING EIGHT X ONE

HOURLY SESSIONS - £13.50

Prices quoted per person, per session.

For further info, contact our Fitness Instructor Jason Timms on 01208 262570.

Lanhydrock Hotel and Golf Club | Bodmin | Cornwall | PL30 5AQ



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