



HEALTH CLUB MEMBERSHIP FOR HEALTHY ACTIVE LIFESTYLES

HEALTH • TENNIS • BARS & RESTAURANTS

HEALTH/TENNIS MEMBERSHIP*

SILVER 5 DAY	£46pm
GOLD 7 DAY	£56pm
CORPORATE 7 DAY	£48pm
GUEST PASS	£10

* Admin fee applies

PAYABLE BY MONTHLY DIRECT DEBIT

GOLD 7 DAY (3 months) £240

PERSONAL TRAINING

30 mins	£25
6 x 30 min sessions	£135
10 x 30 min sessions	£200
1 hour	£40
6 x 1 hour sessions	£216
10 x 1 hour sessions	£320

DUO PERSONAL TRAINING

30 mins - 2 people	£30
1 hour - 2 people	£50

CLASSES *(Limited)*

PER CLASS	
MEMBERS	£3
NON-MEMBERS	£7



Gym & studio	Steam room
Fitness classes	Sauna & spa
Personal training	Bars & restaurants
Indoor & outdoor pools	Tennis court

CALL 259 692 TO JOIN TODAY



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La Grande Mare
HOTEL, GOLF & COUNTRY CLUB ★★★★★