

The Club Facilities

Reception

Be greeted by our friendly staff. Relax in our reception area with free teas and coffees. Enjoy the days news with newspapers supplied daily.



The Swimming Pool & Spa Bath

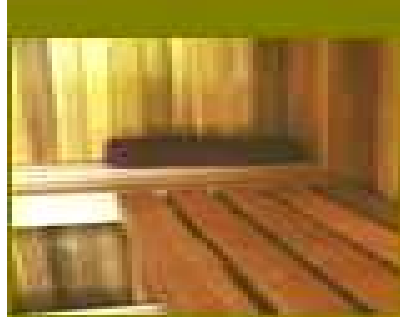
15m long, 1m deep at the shallow end and 1.35m deep at the deep end. Heated to a luxurious 84 degrees you can have fun for longer without getting cold.

The spa will provide you with a wonderful relaxing massage for those tired and sore muscles. Relax in the bubbling waters heated to a tropical 96 degrees.



Sauna

The Finns swear by the cleansing and toning properties of the Sauna. They roll in the snow as well – we can't offer this, but you'll feel wonderfully relaxed after your session in the Sauna.



Steam Room

A good contrast to the dry heat of the Sauna. Scented with eucalyptus, you'll find it's great for your inner self and helps you breathe easier.

Solarium

You can have a year round healthy glow if you use our fast tanning sunbed from Jomi. Only £5 per 15 Minute sessions



And Then.....

.....after all that you will be ready to take advantage of our changing rooms, wrap yourself up in one of our white fluffy towels that are supplied to you as you enter the club. The changing rooms are supplied with complimentary shower gel, shampoo, hand soap and exotic moisturiser.

Fitness Suite

Our State of the Art Fitness Suite has 16 pieces of equipment that will give you an all over body workout. Backed by Technogym Cardiovascular and resistance equipment along with free weights and two Concept II rowing machines, you are sure to feel the difference. Our Fitness suite is fully air-conditioned with cold drinking water on tap and a sound system that will motivate you as you workout.



Why we use TechnoGym Equipment , Shouldn't You?

TechnoGym produces the most complete product portfolio in the fitness industry, which is renowned for its quality, design performance, functionality, reliability and ease of use. Innovation in design is a key strength of the company and our growing list of prestigious clients all over the world reflect our dedication to produce superior machines that enhance the fitness requirements and enjoyment of a broad range of users.

