

[YOUR PLACE TO TRAIN]



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INDIVIDUAL
CLASSES

Non-Member £12

	3 months minimum Monthly		6 Months		12 Months	
	Peak	Off-Peak	Peak	Off-Peak	Peak	Off-Peak
TOTAL ACCESS	£179	-	£984	-	£1969	-
WELLNESS	£119	-	£654	-	£1,309	-
FULLY INCLUSIVE	£76	£59	£421	£327	£836	£649
GYM ONLY	£53	£44	£294	£244	£583	£484
SWIM ONLY	£53	£44	£294	£244	£583	£484
STUDENT	£60	-	£332	-	£660	-
3 YEAR STUDENT MEMBERSHIP £1500						

PERSONAL TRAINING		
	Member	Non-Member
1 HOUR	£50	£55
5 SESSIONS	£235	£261
10 SESSIONS	£447	£496
20 SESSIONS	£849	£943

HEALTH CLUB PASSES	
1 MONTH PEAK	£83
ADULT DAY PASS	£20
CHILD DAY PASS	£10
1 WEEK HOLIDAY PASS + TOWEL USE	£50PP
CHILD OF MEMBER & UNDER 2's	£5

EXTRAS	
TENNIS COURT	£8.5
1 X TOWEL USE	£4
MONTHLY TOWEL USE	£10
CHILDREN ANNUAL SWIM MEMBERSHIP	£175 (£100 per additional child in family)

SCAN TO BOOK A
TENNIS COURT



SCAN TO EXPLORE
OUR WELLNESS DAYS

CHOOSING YOUR MEMBERSHIP

OUR OPENING TIMES

	WEEKDAYS	WEEKENDS
PEAK	6AM-9:30PM	7AM-9PM
OFF PEAK	9AM-3PM	3PM-9PM
CHILD SWIM TIMES	Mon 10:30AM-12PM 3PM - 6PM Tue-Fri 10:00AM-12PM 3PM - 6PM	9AM-12PM & 3PM - 6PM

FULLY INCLUSIVE

Access to the largest and best-equipped health club in Cornwall.
Enjoy the indoor swimming pool, gym and over 100 classes a week.

SWIM ONLY

Our Swim Only Membership gives full access to the 17 metre pool, sauna and steam room.

GYM ONLY

Our Gym Only Membership gives full access to the equipment and space available on the gym floor.

WELLNESS

Includes all features of Fully Inclusive Membership, as well as:

- One 60 minute Personal Training session per month
- One 2 hour Hydrothermal Experience per month
- Access to Health Screening consultations
- 20% off all spa facials Monday to Friday
- 20% off personal training
- Towel use

TOTAL ACCESS

Includes all features of Fully Inclusive Membership, as well as:

- Unlimited Hydrothermal Experience
- Unlimited half price guest entry to Hydrothermal Experience
- 20 % spa treatments
- 20% discount on personal training sessions and health club retail.
- 10% discount at our Brasserie on the Bay.

All memberships get 10% off Brasserie on the Bay and Nourish
Plus 20% off in our Spa, £30pp Hydrothermal experience
these offers available mon-thur only

