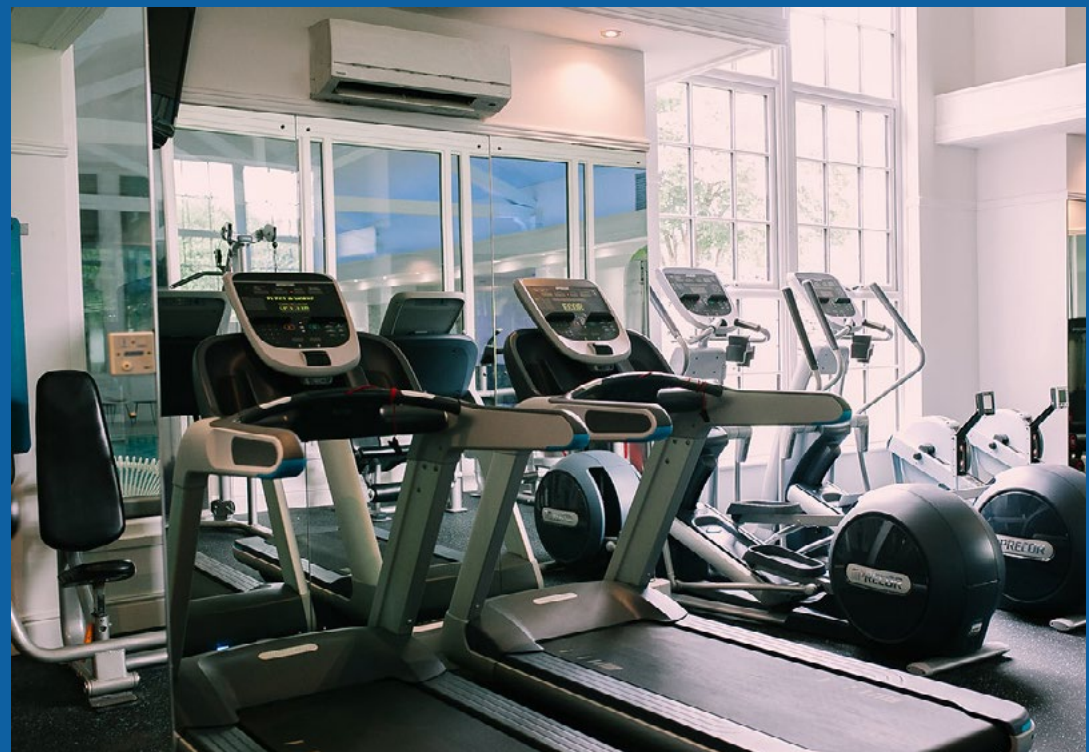
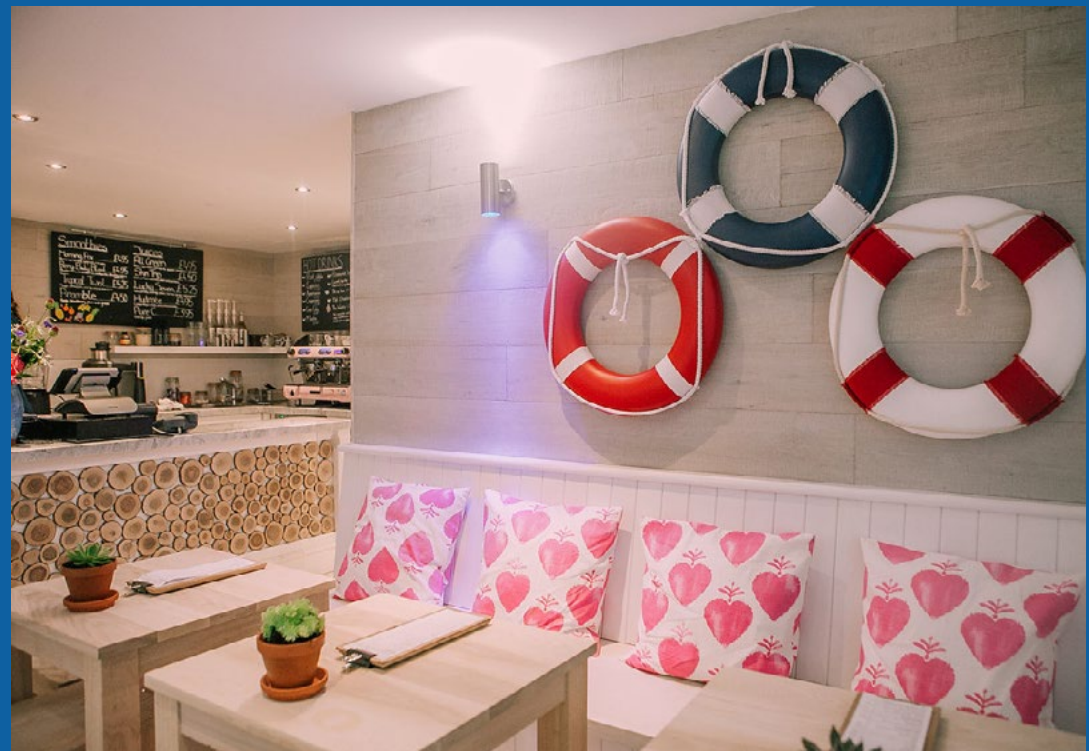




THE SWAN HOTEL  
HEALTH & FITNESS



## OPENING HOURS

DAY	OPEN	CLOSE
Monday	7:00am	9.00pm
Tuesday	7:00am	9.00pm
Wednesday	7:00am	9.00pm
Thursday	7:00am	9.00pm
Friday	7:00am	9.00pm
Weekend / Bank Holidays	8:00am	8.00pm

\*Please note last admission is half an hour before closing. Adults only after 7pm.

For further information or details on current promotions, please contact a member of the Health Club Team on 015395 39906

## CLASS TIMETABLE

DAY	CLASS	TIME
Monday	Legs, bums & tums Aqua aerobics	8.00am - 8:45am 9:30am - 10:15am
Tuesday	Boxercise	5.30pm - 6.00pm 6.15pm - 6.45pm 7.00pm - 7.30pm
Wednesday	Aqua step	9:30am - 10:15am
Thursday	Body blast	5.30pm - 6.00pm 6.15pm - 6.45pm 7.00pm - 7.30pm
Friday	Aqua circuits	9:30am - 10:15am

### TERMS & CONDITIONS

1. Please note that the pool and spa will be closed during Aqua classes sessions
2. All hotel residents are welcome to take part in class sessions; however booking is essential
3. Please book at the Health Club reception to sign up for classes
4. The class timetable is subject to change at any time with no prior notice given
5. All classes will be cancelled when the Fitness Instructor is away on annual leave
6. If you would like to bring a guest to a class it is £5 per person per class
7. Classes are dependent on a minimum of four participants and may be subject to cancellation at short notice if we do not have enough numbers



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## SWAN HEALTH CLUB TARIFF PRIVATE MEMBERSHIPS

MEMBERSHIP TYPE	DIRECT DEBIT (MONTHLY PAYMENT)	6 MONTH MEMBERSHIP	ANNUAL MEMBERSHIP
Peak Single	£42.00	£252	£504
Peak Joint	£67.00	£402	£804
Off Peak Single	£32.00	£192	£384
Off Peak Joint	£52.00	£312	£624
Family Membership Off Peak (2 adults and up to 3 children under the age of 16)	£52.00	£312	£624
Family Membership Peak (2 adults and up to 3 children under the age of 16)	£67.00	£402	£804
Single Family Membership Off Peak (1 adult and up to 3 children under the age of 16)	£32.00	£192	£384
Single Family Membership Peak (1 adult and up to 3 under the age of 16)	£42.00	£252	£504

Minimum of three month contract applies to all memberships

All values indicated in the above table are in £ sterling including standard rate of V.A.T.

Peak - Members have access at any time during opening hours

Off Peak - Members have access Monday - Friday 7am-5pm (last admission 5pm)

10% discount to membership renewals and 20% to anyone renewing who has been with us over 5 years.

## PERSONAL TRAINING TARIFF

ONE TO ONE PT SESSIONS	MEMBER PRICES	NON MEMBER PRICES
1 Personal training session	£25	£30
4 Personal training sessions <i>plus 1 free session</i>	£100	£120 <i>plus 3 exercise classes of your choice</i>
6 Personal training sessions <i>plus 1 free session &amp; a swedish or deep tissue back massage</i>	£150	£180 <i>plus 3 exercise classes of your choice</i>

JOINT PT SESSIONS	MEMBER PRICES	NON MEMBER PRICES
1 Joint personal training session	£40	£50
4 Joint personal training sessions <i>plus 1 free session</i>	£160 <i>per person</i>	£200 <i>plus 3 exercise classes of your choice</i>
6 Joint personal training sessions	£240 <i>per person</i>	£300 <i>plus 3 exercise classes of your choice</i>

Included in the Personal training sessions

- Full body analysis on first and last PT Session
- A training programme to help you get started after your first PT session
- 10% off VuSpa treatments

To book in for a consultation with Steve or if you would like any further information,

Please give the VuSpa reception a call on 015395 39906 or email [spa@swanhotel.com](mailto:spa@swanhotel.com)

Terms & conditions applies, subject to availability.



FOR FURTHER INFORMATION OR DETAILS ON CURRENT PROMOTIONS,  
PLEASE CONTACT A MEMBER OF THE HEALTH CLUB TEAM ON 015395 39906



THE SWAN HOTEL & SPA  
NEWBY BRIDGE  
LAKE DISTRICT NATIONAL PARK

015395 31681 or email [enquiries@swanhotel.com](mailto:enquiries@swanhotel.com)  
The Swan Hotel & Spa, Newby Bridge, Cumbria LA12 8NB  
[www.swanhotel.com](http://www.swanhotel.com)