

We firmly believe in a work hard, play hard approach to staying fit and healthy, which is why our memberships also include full access to our vitality suite. Our fitness suite and pool offer the ultimate tone up and workout combo open from 6.00am to 9.00pm, 365 days a year. Tired muscles can be soothed away in the vitality pool or with a spell in the steam room, or better still, with an advanced massage.

We have two core membership packages to choose from, both of which offer a couple's membership, as we ensure the complete integration of mind, body and spirit through weekly classes, monthly personal training sessions and the use of soothing facilities.

STANDARD MEMBERSHIP

Work hard, play harder

- Free access to all classes
- Monthly members events throughout the year
- Full use of Vitality Suite and Fitness Suite
- Nutritional advice session and fitness test
- Provision of towel each visit
- One guest pass per month and £10 per session after first visit
- 10% discount on food and drink in Dune Restaurant and the Bay Bar
- 10% discount on accommodation at Fistral Beach Hotel and Spa
- 10% discount on selected spa treatments (Monday - Thursday, 10am - 3pm) excluding packages
- Half price admission to The Esplanade Hotel's family leisure facilities

PRICES

Singles Membership

- Direct Debit

12 Month £50 per month

- Payment in full

Monthly £61 per month

3 Monthly £55 per month

Annual £45 per month

Weekly £45 per week

Couples Membership

- Direct Debit

12 Month £45pp per month

- Payment in full

Monthly £56pp per month

3 Monthly £50pp per month

Annual £40pp per month

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WELLNESS MEMBERSHIP

The complete wellness package

- One personal training session per month
- One 60 minute treatment per month (off peak times only)
- Free access to all classes
- Monthly members events throughout the year
- Full use of Vitality Suite and Fitness Suite
- Nutritional advice session and fitness test
- Provision of towel each visit
- One guest pass per month and £10 per session after first visit
- 10% discount on food and drink in Dune Restaurant and the Bay Bar
- 10% discount on accommodation at Fistral Beach Hotel and Spa
- 10% discount on selected spa treatments (Monday - Thursday, 10am - 3pm) excluding packages
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PRICES

Singles Membership

- Direct Debit

12 Month £120 per month

- Payment in full

Monthly £130 per month

3 Monthly £125 per month

Annual £115 per month

Couples Membership

- Direct Debit

12 Month £115pp per month

- Payment in full

Monthly £125pp per month

3 Monthly £120pp per month

Annual £110pp per month

CORPORATE MEMBERSHIPS

For those who work hard and play harder, discover a gym membership in Newquay that has it all. Conveniently open from 6am daily, start your morning routine with a session at Fistral Fit, or simply chill out in the warming Vitality Suite after a hard day at the office. With 10% off food and drink as a member, a mid-week meal or cooling weekend cocktail whilst soaking up the sea views from the Bay Bar are in reach...

Contact us for your bespoke membership package. Terms and conditions apply

TENNIS FANS

If you're a member at Heron Tennis you can now enjoy 10% off Fistral Fit membership or, if you're already a member at Fistral Fit, you can have 10% off at Heron Tennis.

EMERGENCY SERVICES PERSONNEL DISCOUNTS

We offer 25% discount on gym memberships to all emergency services and NHS personnel to include:

- Paramedic and NHS Staff
- Police
- Fire and Rescue
- RNLI and Beach Lifeguards

WEEKLY

Designed for those wanting to keep fit whilst away or want to try out a membership before committing, our Weekly option combines all the elements of our standard membership but for a shorter period of time. £45 per week.