

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 an option for couple's, as we ensure the complete integration of mind, body and spirit through weekly classes, monthly personal training sessions and the use of soothing facilities as well as a monthly classes only membership for those with a busy schedule wanting a simpler membership option.

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 £55 per month

- Payment in full

Monthly £67.50 per month

Annual £49 per month

Couples Membership

- Direct Debit

12 Month £50pp per month

- Payment in full

Monthly £62pp per month

Annual £44pp 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
- Half price admission to The Esplanade Hotel's family leisure facilities

PRICES

Singles Membership

- Direct Debit

12 Month £130 per month

- Payment in full

Monthly £145 per month

Annual £120 per month

Couples Membership

- Direct Debit

12 Month £125pp per month

- Payment in full

Monthly £140pp per month

Annual £115pp per month

We firmly believe in a work hard, play hard approach to staying fit and healthy. In this fast-paced, ever evolving digital world it's sometimes hard to find time to focus on wellness, strength and fitness. Our Fitness Class Membership option gives each individual access to a range of varied fitness classes daily, allowing the time to switch off, focus on personal goals to ensure a well body, mind and spirit.

FITNESS CLASS MEMBERSHIP

Focus on fitness

- Free access to all classes
- Monthly members events throughout the year
- Nutritional advice session and fitness test
- Provision of towel each 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

- Payment in full

Monthly £35 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

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.