

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 10.00pm, 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

Peak: Anytime | Off Peak: Mon - Fri, 9am - 4pm

### Singles Membership *Off Peak* *Peak*

#### - Direct Debit

6 Month	£65 PPM	£80 PPM
12 Month	£60 PPM	£75 PPM

#### - Payment in full

Monthly	£73 PPM	£88 PPM
Annual	£54 PPM	£69 PPM

### Couples Membership *Off Peak* *Peak*

#### - Direct Debit

6 Month	£60 PPM	£75 PPM
12 Month	£55 PPM	£70 PPM

#### - Payment in full

Monthly	£67 PPM	£82 PPM
Annual	£49 PPM	£64 PPM