

Health Club Membership For Healthy Active Lifestyles

Health, Tennis, Bar & Restaurants



Health/Tennis Membership*

Silver 5 day	£46pm
Gold 7 day	£56pm
Corporate 7 day	£50pm
Guest Pass	£10

*Admin fee applies

Payable monthly by direct debit

(Short term memberships available, to be agreed by management)

Personal Training

30 mins	£25
10x30 min sessions	£220
LGM Member 10x30 min	£200
1 hour	£40
10x1 hour sessions	£350
LGM Member 10x1 hour	£320

Duo Personal Training

30 mins - 2 people	£30
1 hour - 2 people	£50

Classes *(Limited)*

Per class

£5 - £12 dependant on class type

(Block booking discounts available)

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|-------------------------|----------------------|
| + Gym & studio | + Steam room |
| + Fitness classes | + Sauna & Jacuzzi |
| + Personal training | + Bars & restaurants |
| + Indoor & outdoor pool | + Tennis court |

Call **259692** to join today

www.lagrandemare.com  