

Gym & Spa at Streatley

Our new gym is now fully open. Feel free to come and have a look around, chat to the team and try out the new equipment.

Great Membership Rates

We're keeping things simple and nothing could be easier than our fully inclusive, non-restrictive gym membership at **£50 per month**. This includes use of the gym; fully equipped with the latest Matrix kit, brand new sauna and steam room.

Fitness Classes

Membership also includes all classes; choose from a programme of Spin & Core, Yoga, Total Body Toning, Pilates, Box Fit and more. And for those who prefer the great outdoors, there is Running Club, suitable for all abilities.

New technology

All members will be invited to have a **Boditrax Wellness Assessment**. If you choose to do this it will form the basis of your personal training plan to help you make the most of your gym membership. You will also be provided with your own swipe card allowing you access to the gym facility. Our class timetable are available to view online and through our new members' area on the website. A one off **£25 Joining Fee** gets you set up and ready to go.

Personal Training

PT rates remain extremely competitive at just £20 for 30 mins or £35 for 1 hour and this rate is applicable for up to two members at a time.

Gym & Spa at Streatley

Spa

Our new steam room, sauna and luxurious treatment rooms are the ideal place to relax and be pampered. We've introduced Pai, a gentle British organic range, as well as the botanically inspired Natural Spa Factory range alongside the latest Guinot results driven products. Our clients are delighted with the new techniques and treatments available. The full list of treatments is on our website:

The Spa at Streatley Treatment Menu

Book your treatments online :

Spa at Streatley - BOOK NOW

Or give Kate a call on 01491 878800

We look forward to seeing you in the Gym & Spa