

Gym & Spa at Streatley

Our new gym will open fully for new membership in March 2016. From early February we will be moved in and getting ourselves settled so please come and have a look around, chat to the team and try out the new equipment. You can also click the 'Tell me more' link on our gym page on our website to be kept up to date and be entered into our prize draw to win a year's free membership:

<http://www.theswanatstreatley.com/hotel/the-gym-at-streatley>

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 will be available to view online through our new members' area on the website. A one off **£25 Joining Fee** gets you set up and ready to go.

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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.

Spa

Our new Steam Room, Sauna and luxurious Treatment Rooms will be the ideal place to relax and be pampered. We are very excited to be introducing Pai, a gentle British organic range, alongside the latest Guinot results driven products and have had great fun learning about the new techniques and treatments available from both. Until then, all of your regular beauty treats are still available with Kate in her beautiful river view treatment room in the hotel.

We look forward to seeing you in the gym & spa in 2016