

Gym & Spa at Streatley

The Gym & Spa at Streatley enjoys a beautiful location on the River Thames, with free parking and access to a welcoming bar area, great for meeting friends for coffee after your workout.

Great Membership Rates

We're keeping things simple and nothing could be easier than our fully inclusive, non-restrictive gym membership at **£55 per month**. This includes use of the gym; equipped with the latest Matrix kit, the sauna and steam room and a full class timetable.

Fitness Classes

Spin, BoxFit, HIIT, Suspended Movement – whatever your taste – there's a class for you. Yoga & Pilates take place in the tranquil studio in the grounds of the hotel overlooking the river. And for those who prefer the great outdoors, there is a 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 key fob allowing you access to the gym facility. The class timetable is available to view and book online. A one off **£25 Joining Fee** gets you set up and ready to go.

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Personal Training

All members receive an induction and gym programme on sign up. However if you have specific fitness goals and are looking for more targeted approach, a session with Harry Halls, Personal Trainer will reap huge rewards. Enquire about Harry's rates and availability at the gym.

Spa & Treatment Centre

Our new Steam Room, Sauna and luxurious Treatment Rooms are the ideal place to relax and be pampered. We are very excited to introduce Pai, a gentle British organic range, alongside the latest Guinot results driven products; our clients are delighted with the new techniques and treatments available from both. Bookings for beauty therapy, massage and osteopathy can be made online through our website.

[View The Spa at Streatley Treatment Menu](#)

[Book a treatment online](#)

Or give Kate a call on 01491 878800

We look forward to seeing you in the Gym & Spa