

# Tariff

# Food & Beverage

# The Grand Hotel



On presentation of you Annual Membership card you can enjoy a 10% discount off of your food and beverage (does not include alcohol).

To view our monthly special offers visit:

[www.grandhotelswanage.co.uk/offers](http://www.grandhotelswanage.co.uk/offers)



## Non Members

Daily Rate (all inclusive)	£8.00
Gym Only	£7.00
Wet Facilities	£6.00
Senior Citizens	£5.50
Children (4-12yrs)	£3.50

## Memberships

Weekly	£15.00
Monthly	£35.00
Quarterly	Single £85.00
	Joint £150.00
Half Yearly	Single £150.00
	Joint £240.00
	Senior Single £135.00
	Senior Joint £195.00
Yearly	Single £275.00
	Joint £380.00
	Senior Single £240.00
	Senior Joint £310.00

The Grand Hotel  
Burlington Road  
Swanage  
Dorset  
BH19 1LU

[grandhotelswanage.co.uk](http://grandhotelswanage.co.uk)  
[reservations@grandhotelswanage.co.uk](mailto:reservations@grandhotelswanage.co.uk)



## The Burlington Health, Spa & Fitness Club



Contact  
01929 423353

# Facilities

# Massage & Beauty Treatments

# Personal Trainer Opening Times

## Gym

Extensive and Comprehensive Gymnasium occupying three adjoining rooms and all enjoying cliff top views of the Sea.

### Lower Room

Cardiovascular Room with 20+CV machines

### Middle Room

Resistance Machines for complete body workout

### Upper Room

Free Weights Area for the more serious trainer



## Treatments available include

- Holistic Remedial Massage
- Reflexology
- Full Range of Beauty Treatments



Booking in advance is strongly recommended to avoid disappointment

- Unsure about Weight Training
- Lack Motivation
- Need a specific routine

## Your Personal Trainer will

- Devise a Programme for you
- Discuss your Nutritional requirements in order to reach your required results
- Motivate you to achieve results you previously only dreamed of

**Only £25.00**

## Opening & Closing Times

Mon - Thurs	9.30 - 21.00
Fri - Sat	10.15 - 19.00
Sunday	10.15 - 18.00
Christmas Eve	10.15 - 18.00
Christmas day & Boxing day	Closed
(Open to Hotel Guests only)	
New Years Eve	10.15 - 18.00
New Years Day	10.15 - 18.00
All Public Bank Holidays - closing time is 18.00	

**Contact 01929 423353**

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