

Tariff

Food & Beverage

The Grand Hotel



On presentation of your 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:
grandhotelswanage.co.uk/offers



Non Members

Daily Rate (all inclusive)	£9.50
Gym Only	£7.50
Wet Facilities	£6.50
Senior Citizens	£6.50
Children (4-12yrs)	£4.00

Children must be accompanied by an adult at all times.

Memberships

Weekly		£18.00
Monthly		£38.50
Quarterly	Single	£95.00
	Joint	£170.00
Half Yearly	Single	£175.00
	Joint	£300.00
	Senior Single	£160.00
	Senior Joint	£270.00
Yearly	Single	£315.00
	Joint	£550.00
	Senior Single	£280.00
	Senior Joint	£490.00

The Grand Hotel
Burlington Road
Swanage
Dorset
BH19 1LU

grandhotelswanage.co.uk
reservations@grandhotelswanage.co.uk



The Burlington Health, Spa & Fitness Club



Contact
01929 423353

Facilities

Massage & Beauty Treatments

Personal Trainer Opening Times

Plunge Pool, Spa and Sauna

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

From £35.00

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
Public Bank Holidays	10.15 - 18.00

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