

We firmly believe in a work hard, play hard approach to staying fit and healthy, which is why our memberships also include full access to our vitality suite. Our fitness suite and pool offer the ultimate tone up and workout combo open from 6.00am to 10.00pm, 365 days a year. Tired muscles can be soothed away in the vitality pool or with a spell in the steam room, or better still, with an advanced massage.

Our core membership package offers an option for couple's, as we ensure the complete integration of mind, body and spirit through weekly classes, monthly personal training sessions and the use of soothing facilities.

MEMBERSHIPS

Work hard, play harder

- Free access to all classes
- Members event throughout the year
- Full use of Vitality Suite and Fitness Suite
- Nutritional advice session and fitness test
- Provision of towel each visit
- One guest pass per month and additional passes available at £15 per session after first visit
- 10% Discount on food and drink in Bay Bar
- 10% Discount on food and drink in Dune Restaurant (July & August)
- 20% Discount on food and drink in Dune Restaurant (September - June)
- 10% discount on accommodation at Fistral Beach Hotel & Spa
- 20% Discount on spa treatments - Monday to Thursday (excluding packages)
- Half price admission to The Esplanade Hotel
- 20% Discount on GAIA Skincare products

PRICES

Peak: Anytime | Off Peak: Mon - Fri, 9am - 4pm

Singles Membership

- Direct Debit

6 Month	£75 PPM	£95 PPM
12 Month	£70 PPM	£90 PPM

- Payment in full

Monthly	£85 PPM	£120 PPM
3 Months		£105 PPM
6 Months		£90 PPM
Annual	£780 PP	£1,020 PP

Couples Membership

- Direct Debit

6 Month	£75 PPM	£95 PPM
12 Month	£70 PPM	£90 PPM

- Payment in full

Monthly	£85 PPM	£120 PPM
Annual	£780 PP	£1,020 PP

7 Day Holiday Membership

- Payment in full	£60 PP
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CORPORATE MEMBERSHIPS

For those who work hard and play harder, discover a gym membership in Newquay that has it all. Conveniently open from 6am daily, start your morning routine with a session at Fistral Fit, or simply chill out in the warming Vitality Suite after a hard day at the office. With 10% off food and drink as a member, a mid-week meal or cooling weekend cocktail whilst soaking up the sea views from the Bay Bar are in reach...

Contact us for your bespoke membership package. Terms and conditions apply

WEEKLY

Designed for those wanting to keep fit whilst away or want to try out a membership before committing, our Weekly option combines all the elements of our standard membership but for a shorter period of time. £60pp per week.