



Welcome to
THE OLDE BARN HOTEL
Health Club & Spa
Invigorate, revitalise and unwind ...

**STOKE ROCHFORD GOLF CLUB
HEALTH CLUB & SPA MEMBERSHIP PACKAGE**

In conjunction with Stoke Rochford Golf Club we are offering all Golf Club Members an exclusive, preferential package for use of our Health Club and Spa facilities.

Your Special Rates

£33.00 Direct Debit Monthly Payment £315.00 Annual Payment

Are you 60 Plus? You can benefit further!

£26.10 Direct Debit Monthly Payment £282.00 Annual Payment

Special £10.00 Day rate (with your fixture booklet)

Both Membership types attract a £20 Administration Fee.
(Health Club & Spa Terms and Conditions apply.)

FITNESS STUDIO

With views across open farmland our Fitness Studio has a range of equipment that will suit all ages and abilities.

The air-conditioned Suite has a selection of Cardio Vascular Machines to burn body fat and work the heart and lungs together with Resistance machines to tone up. Some equipment has its own individual TV screen. To help you reach your fitness goals we offer you a free individual personal programme.

There are group fitness sessions on Pilates & Stretch, Core Stability, Circuits, Body Conditioning, Tight & Tone and Boxercise. These are available to members over the age of 16. The sessions need to be pre-booked and cancellation of a booked session is required. There is also a junior gym session for 11 to 16 years. All this is within your membership.



Our indoor 15 metre heated swimming pool is ideally suited for both serious and novice swimmers.

Complemented by our steam room, sauna, jacuzzi spa and external private sun terrace, this offers the ideal opportunity to **invigorate, revitalise and unwind** away the stresses and strains of a hectic day. We offer: Swimming tuition, Aqua fit classes and Pool parties.



A Vertical Sunbed for that all year round tan and Beauty Treatments are available. Contact Ingrid at the Health & Spa Club Reception.

Further Membership Benefits

10 % discount on all food served within the Olde Barn Restaurant and Bar. This offer does not extend to alcoholic drinks, Weddings or Functions.

Discounted room rate - Bed & Breakfast – Standard Room. (subject to availability -T & C apply)

The Health Club Team welcomes you to our club as you incorporate us into your healthy lifestyle.

Toll Bar Road, Marston, Grantham, Lincolnshire. NG32 2HT Tel: 01400 250909

Visit our web site for directions. **www.theoldebarnhotel.co.uk**