



OPENING HOURS

Mon	9:30-19:30	Tue	9:30-18:00	Sun	9:30-15:30
Wed	9:30-19:30	Thu	9:30-18:00		
Fri	9:30-19:30	Sat	9:30-18:00		

CLASSES

L.G.C	Mon	09:45
Pilates	Wed	10:00
Core	Thu	09:45
Yoga	Fri	10:00
Spin	Fri	17:30
Circuits	Sat	09:45
Spin	Sun	09:45



1-1 Personal Training available at the Spa

01407 862049 spa@silverbay.co.uk





MEMBERSHIPS

Spa Membership includes full use of the swimming pool, spa facilities, gymnasium, studio and fitness classes. Personal training services and spa treatments are available at an extra cost.

SINGLES

3 Month	£150
6 Month	£295
Annual Pass	£550

£49 *monthly* (min. 12 payments)

COUPLES

Annual Pass	£925
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£82 *monthly* (min. 12 payments)

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I-1 COACHING Price list

Personal Training Sessions

£40 1-1 | **£60** 2-1

The **Kickstarter**

£160 5 PT Sessions (Save £40)

The **Advanced Saver**

£280 10 PT Sessions (Save £120)

ONLINE COACHING

£20 / WEEK

- ♦ Fully customised programme
- ♦ Specific goals and checkpoints
- ♦ Online video resources
- ♦ Diet and nutritional guidance
- ♦ 50% off 1-1 PT sessions
- ♦ In-depth progress tracking
- ♦ Technique analysis



The PREMIUM PACKAGE

£35 / WEEK (Limited Spaces Available)

- ♦ Fully customised programme
- ♦ Specific goals and checkpoints
- ♦ Online video resources
- ♦ Weekly diet plan
- ♦ 50% off 1-1 PT sessions
- ♦ In-depth progress tracking
- ♦ Technique analysis
- ♦ Lifestyle & wellness coaching
- ♦ Habit tracking
- ♦ Priority messaging
- ♦ Weekly check-in calls
- ♦ Live VC workouts