





## The Club at Rutland Hall

Discover a space where wellness meets luxury in the heart of Rutland.

Whether you're seeking energising workouts, calming wellness therapies, or simply a relaxing escape from the everyday, The Club at Rutland Hall offers the perfect balance of fitness and leisure with stunning lakeside surroundings.

at RUTLAND HALL



**THE CLUB**  
at RUTLAND HALL





## STATE-OF-THE-ART GYM

Our fully equipped gym features the latest Technogym® equipment for all fitness levels. The Technogym Body Checkup assesses your health and gives you a personalised Wellness Age™, with the AI-powered coach tailoring programmes to keep you on track.



## HEATED INDOOR 22-METRE POOL

Take a dip in our beautifully maintained indoor swimming pool, perfect for both invigorating laps and gentle exercise. With dedicated swim times and a relaxed ambiance, it's your space to unwind or energise.





## SAUNA & STEAM ROOM

Step into tranquillity with our rejuvenating sauna and steam room. Ideal for post-workout recovery or simple indulgence, these thermal experiences help to relieve tension, improve circulation, and soothe the body and mind.





## GAMES ROOM

Our Games Room offers a relaxed space for light-hearted competition and leisure. Facilities include Badminton, Short Tennis, Table Football, and Table Tennis, suitable for all ages. Access must be prebooked and is subject to availability.





## CLASSES

We offer a variety of group classes designed to energise, strengthen, and relax the body and mind. From invigorating fitness sessions to calming, restorative workouts, there's something for everyone. Our popular aqua aerobics classes take place in the pool and provide a low-impact yet highly effective way to stay active. Whether you're looking to boost your fitness or simply unwind, our classes are a great way to move, recharge, and feel your best.



## C R A Z Y G O L F

Get ready for some light-hearted fun with our Crazy Golf course. Perfect for all ages, it's a fantastic way to enjoy the outdoors with family or friends. Whether you're aiming for a hole-in-one or just in it for the laughs, our quirky and challenging mini-golf setup promises plenty of smiles. No experience needed – just bring your best swing and a sense of fun!



## NORDIC WALKING

A full-body workout using poles to engage both the upper and lower body. Burns more calories than regular walking while easing tension in the neck and shoulders. Fun, social, and suitable for all levels.

Full Membership Benefits	7 Days Membership	Mid Week Membership
Access to Facilities	7 Day	Midweek Only
Lifestyle Consultation	Yes	Yes
Towel On Arrival	Yes	No
Personal Training Session	Yes	No
Spa Treatment Voucher (Not for Retail Product)	90	45
Four Root Experience 20% Off Midweek (Mon-Thur) & 10% off Weekend (Fri-Sun)	Yes	Yes
15% Off Food And Beverage ( Eight People Maximum)	Yes	Yes
15% Off Overnight Stay (Book Direct Only)	Yes	Yes
Guest Passes Per Year, Further Passes Available at a Discounted Rate	7	5
Invitation to Exclusive Members Only Events	Yes	Yes
Classes	Yes	Yes
Access to the games room	Yes	Yes

## MEMBERSHIP FEES

7-Day Membership			Midweek (Mon-Fri, excl. BH)		
	Joining Fee	Monthly Fee	Joining Fee	Monthly	Yearly Per Person
Individual Members	£100pp	£99pp	£75pp	£79pp	£1089 / £869
Joint Members	£80pp	£89pp	£55pp	£69pp	£979 / £759



Join Today

Embrace the lifestyle you deserve with a membership that puts your wellbeing first. Whether you're looking for individual, couple, or family packages, we have options to suit your needs.

Visit us at [rutlandhall.co.uk](http://rutlandhall.co.uk) or speak to a member of our team to find the perfect membership for you.

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