



You can make it happen

The BFit gym at Brooklands Hotel is the perfect place to improve your cardiovascular fitness, gain strength, and maintain your overall health and wellbeing. With modern equipment, you can achieve key fitness goals and focus on becoming the best version of yourself.

BFit facilities:

Cardiovascular equipment includes:

- 2 x Peloton Bikes each with dual-sided pedals with SPD clips with toe cages
- 3 x treadmills
- 1 x stairclimber
- 1 x elliptical cross-trainer
- 1 x rower

Weight machines and free weights:

- 1 x Precor functional glide system for upper body strengthening, lower body plus core – the ultimate strength & resistance machine
- 1 x Precor Vitality leg press/calf extension
- 1 x Precor Vitality multi-press
- 1 x Precor Vitality pulldown/row
- 1 x multi-adjustable bench
- Dumbbells 2-20kg
- Kettlebells 8-16kg
- Medicine balls 5-10kg

Additional equipment:

- 1 x BOSU
- 1 x swiss ball
- 2 x foam rollers

We have three BFit membership packages available for you to choose from:

- Simply BFit*: £49 per month
- BFit (off peak): £99 per month
- BFit (peak): £149 per month

BFit Member Benefits:

- No joining fee
- Use of the gym throughout the week and weekends
- Towel on request for £1
- Up to 50% discounts throughout the hotel**:
 - 20% off BSpa days & treatments
 - 10% off retail products in BSpa
 - 50% off a luxury manicure or pedicure
 - 10% off food and beverages throughout the hotel
- Preferential rates for Christmas Day, Boxing Day and New Year's Eve dining packages
- Preferential rates for shared Christmas party nights
- Preferential rates for Mother's Day, Easter Sunday and Father's Day dining events/packages
- Two BSpa facility passes (for a three hour session)***



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- o Bring a Friend Fridays – a friend can join you on a Friday to use the gym with no charge to either of you.

BFit off-peak membership includes:

- o Use of BSpa facilities****, Monday to Thursday
- o Complimentary locker

BFit peak membership includes:

- o Use of BSpa facilities**** seven days a week
- o Complimentary locker

*Simply BFit is a gym only membership and doesn't include access to the spa facilities on the third floor, including the changing rooms or shower facilities.

Minimum membership term is three months, If you decide to terminate your membership, one month's notice will be required.

** all discounts are subject to availability.

*** You will be given two vouchers for one, three hour session in BSpa, which must be pre-booked.

**** Use of the BSpa facilities does not include the Sunlight Therapy Room or hot tub

***Discount Terms & Conditions:**

20% off BSpa days & treatments

- Presentation of a valid BFit membership card will entitle the bearer to a 20% discount on treatments and full price spa days
- Discount valid in BSpa Monday to Thursdays only
- Treatments and spa days must be booked in advance and are subject to availability
- Member must state the intention to use their discount at time of booking
- Discount not valid on Friday, Saturday and Sunday

10% off retail products in BSpa

- Presentation of a valid BFit membership card will entitle the bearer to a 10% discount on retail products in BSpa
- Not valid in conjunction with any other special offer
- Stock of retail products is subject to availability

50% off a luxury manicure or pedicure in BSpa

- 50% discount off either a luxury manicure or pedicure
- Discount is only valid Monday to Thursday
- Treatment must be booked in advance and is subject to availability
- Intention to use the discount must be stated at time of booking
- Not valid on Friday, Saturday and Sunday
- Not valid in conjunction with any other offer or discount



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10% off food and beverages throughout the hotel

- Presentation of a valid BFit membership card will entitle the bearer to 10% off their total food & beverage bill
- Table bookings must be made in advance
- Intention to use the discount must be stated at time of booking
- 10% discount applies to food & beverage bills only, excluding service charge
- Pre dinner drink bills can be carried through to the restaurant, where your discount will be applied
- If members are not dining in the restaurant, drinks must be consumed and bill settled in the bar
- Only one BFit membership may be used per table or dining party
- Discount may only apply once for breakfast, lunch & dinner on any given day
- Discount is valid for all of the dining party, dining at the same table
- The BFit discount is restricted to tables of a maximum 8 diners
- Discount not valid on Christmas Eve, Christmas Day, Boxing Day or New Year's Eve
- Discount not valid on special set menus and/or events
- Discount not valid when attending group and/or function bookings
- Not valid in conjunction with any other offer or discount

*****Two spa passes for BSpa:**

- Valid for a three hour visit to BSpa for BFit member only in one of the following slots: 9am to 12noon, 12.30pm to 3.30pm, 4pm to 7pm or 7.30pm to 10.30pm
- Available Monday to Thursday
- Booking must be made a minimum of one day in advance and voucher must be presented on arrival
- Subject to availability
- Treatments may be booked at the preferential 20% BFit member rate, subject to availability

Preferential rates for Christmas Day, Boxing Day and New Year's Eve dining packages

- 10% discount off Christmas Day, Boxing Day and New Year's Eve party/dining packages
- Minimum of 4 people booking for the discount to apply
- Discount is valid on the package price only and excludes beverages
- BFit member must state the intention to use their discount at the time of enquiry
- Subject to availability
- Not valid in conjunction with any other special offer

Preferential rate for shared Christmas party nights

- 10% discount for bookings of 10 or more guests
- BFit member must state the intention to use their discount at the time of enquiry
- Discount is valid on the package price only and excludes beverages
- Subject to availability
- Not valid in conjunction with any other special offer



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Preferential rates for Mother's Day, Easter Sunday and Father's Day dining packages

- 10% discount off Mother's Day, Easter Sunday and Father's Day dining packages
- Minimum of 4 people booking for the discount to apply
- Discount is valid on the package price only and excludes beverages
- BFit member must state the intention to use their discount at the time of enquiry
- Subject to availability
- Not valid in conjunction with any other special offer