

We firmly believe in a work hard, play hard approach to staying fit and healthy, which is why our gym and spa membership also includes 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.

Or opt for our gym membership, and make fitness the best part of your day! Kitted out with state-of-the-art Pulse cardiovascular and resistance equipment, to help you smash your goals - whether you're building strength, boosting stamina, or just blowing off steam. We're open from 6.00am to 10.00pm, 365 days a year, so you can work out whenever it suits you.

GYM AND SPA MEMBERSHIP

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

	Off Peak	Peak
Monthly	£65 PP	£80 PP

- Unlimited access to our gym and spa
- Free access to all the classes
- 10% off accommodation rates
- 10% off Spa treatments
- 10% off Spa Retail
- 10% off food and drink in the hotel
- Seasonal discounts and special prices
- 20% Discount on food and drink in Dune Restaurant (September - June)
- One guest pass per month and additional passes available at £15 per session after first visit
- Half price admission to The Esplanade Hotel's

GYM MEMBERSHIP

Monthly	£40 PP
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- Unlimited access to our gym facilities
- 10% off accommodation rates
- 10% off Spa treatments
- 10% off Spa Retail
- 10% off food and drink in the hotel
- Seasonal discounts and special prices
- 20% Discount on food and drink in Dune Restaurant (September - June)

7 DAY HOLIDAY MEMBERSHIP

Gym and Spa Membership	£60 PP	Gym Membership	£30 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 from £30pp per week.