



EXCLUSIVE FITNESS MEMBERSHIP

Following a successful 4 years with EIF PT clinics we are excited to invite you to join our exclusive fitness membership at Bryn Tanat Hall.

YOUR WORK OUT - YOUR WAY

If you're planning on getting into shape for the season ahead, there's no better time to kick start that new regime.

There are three membership options to choose from: -

Ultimate Membership

- *£30.00 per month (direct debit)*
- *Unlimited gym access*
- *Monday to Friday 7am to 9pm, Saturday and Sunday 7am to 8pm*
- *One to one joining induction*
- *15% off spa treatments*
- *10% off spa retail products*
- *Towel supplied on each visit*
- *On-site parking*
- *Wifi access*

Joint Ultimate Membership

- *£50.00 per month (direct debit)*
- *Unlimited gym access*
- *Monday to Friday 7am to 9pm, Saturday and Sunday 7am to 8pm*
- *One to one joining induction*
- *15% off spa treatments*
- *10% off spa retail products*
- *Towel supplied on each visit*
- *On-site parking*
- *Wifi access*

Essentials Membership

- *£20.00 per month (direct debit)*
- *Off peak gym access*
- *Monday to Friday 9am – 4pm, Saturday and Sunday 3pm – 8pm*
- *One to one joining induction*
- *10% off spa treatments*
- *5% off spa retail products*
- *Towel supplied on each visit*

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- *On-site parking*
- *Wifi access*

Our packages are payable monthly in advance by direct debit and all you do if you want to leave is give 4 weeks' notice.

Our Fitness Suite offers a wide range of new cardiovascular machines and Life Fitness resistance machines as well as free weights, swiss balls and mats for a total body workout. The suite is suitable for beginners and advanced participants alike.

Join us today to begin your journey of optimal health and wellbeing in surroundings of understated luxury.

Simply contact us at wellness@bryntanat.co.uk to become a member

OUR TEAM

We are delighted to introduce three like minded professionals who are looking forward to working with you to succeed with your aspirations

Personal Trainer - Kate Oakley

Kate Oakley is a local lady having grown up in Llansantffraid. Specialising in fitness, nutrition and motivational coaching, Kate is a Level 3 Personal Trainer. Kate qualified with the European Institute of Fitness here at Bryn Tanat Hall.

As well as providing accountability to keep motivated, Kate's refreshing approach centres around offering jargon-free advice for clients to learn as they train, so that they can feel empowered and confident in and outside the gym. She is excited to be supporting our clients towards their fitness and health goals - whatever they may be.

Personal training

Please contact Kate directly to discuss your personal training options

email: kate@kateoakley.com

Pilates Classes with Becca-Louise

Rebecca has been practicing Mat Work Pilates for over 10 years, she is dedicated to teaching good efficient movement, helping people to move well connecting mind and body whilst working closely with the Pilates principles. Rebecca has trained with various companies over the last 6 years and now teaches Basi Pilates, combining the classical Pilates repertoire with a more contemporary style.

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Her classes are varied, fun and taught to mixed groups with modifications and progressions to suit all. Pilates is her passion, she lives it, breathes it and loves to teach.

Pilates Classes

Wednesday 6.30pm – 7.30pm

Block 1 (6 weeks) beginning 08.01.20 – **SOLD OUT**

Thursday 9.30am – 10.30am

Block 1 (6 weeks) beginning 09.01.20 – **LIMITED SPACES AVAILABLE**

£36.00 per person per 6-week block payable at the time of booking to secure your place. Members and non-members welcome.

Yoga with Kirsty from Satori Yoga

Kirsty found her love of yoga when she first started practicing 6 years ago and as time went on her passion for yoga fuelled the desire to become a yoga teacher! Kirsty loves sharing Yoga with people as she knows the extensive benefits it has, mentally and physically. Kirsty trained through Tribe International (Yoga Alliance) and now runs family classes, kid's yoga, adult classes, yoga in schools and mini retreats.

Kirsty's style is a mixture of Hatha Yoga and Vinyasa flows but she also enjoys teaching restorative yoga and meditation. The classes are suitable for all levels as postures and the pace can be adapted to suit your needs.

Yoga Classes

Tuesday 10am – 11.00am

Block 1 (6 weeks) beginning 07.01.20 – **LIMITED SPACES AVAILABLE**

Thursday 6.00pm – 7.00pm

Block 1 (6 weeks) beginning 09.01.20 – **LIMITED SPACES AVAILABLE**

£36.00 per person per 6-week block payable at the time of booking to secure your place. Members and Non-members welcome.

Boxercise with Julie Moore of No Butts Fitness

This will be a High energy contact sparring class designed for all abilities always with an element of fun with funky music to suit all tastes. This class will challenge your Hand to Eye Coordination, Core Muscles in an all over body workout. We will hit the key muscles groups mainly Chest/Back/Shoulders/Arms/Legs/Bum and Core.

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Intensity will vary between High and Low on an Interval style training to challenge the Cardio Vascular System. Each week will be different to the last and will be both indoors and outdoors weather dependent.

Pads and gloves will be provided but feel free to provide your own.

Boxercise classes

Wednesday 10am – 11am

Block 1 (6 weeks) beginning 08.01.20 – **LIMITED SPACES AVAILABLE**

Thursday 7.15pm - 8.15pm

Block 1 (6 weeks) beginning 09.01.20 – **LIMITED SPACES AVAILABLE**

£36.00 per person per 6-week block payable at the time of booking to secure your place.

Members and Non-members welcome.

Bolt-On Options

Bring a guest

Research has found that people who work out with friends enjoy it more than those who work out alone.

Bring a guest with you for £4.00 per visit up to 4 times a month (bookable in advance prior to visit).

Tennis Court

In addition, our members are also able to book the tennis court.

Pricing

One hour hire for 2 people £10.00 One hour hire for 4 people £15.00

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