



THE
PRIVATE EXCLUSIVE FITNESS MEMBERSHIP

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

There are four 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
- £10.00 off any visit for yourself to the Wellness Suite
- 15% off spa treatments
- 10% off spa retail products
- 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
- £10.00 off any visit for yourself to the Wellness Suite
- 15% off spa treatments
- 10% off spa retail products
- 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
- £10.00 off any visit for yourself to the Wellness Suite
- 10% off spa treatments
- 5% off spa retail products
- On-site parking
- Wifi access

Spa Membership

- £49.00 per month (direct debit)
- Off peak gym access
- Monday to Friday 9am – 4pm, Saturday and Sunday 3pm – 8pm
- 2 x 90-minute Wellness Suite experience sessions per month
- One to one joining induction
- 10% off spa treatments
- 5% off spa retail products
- 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.

Bryn Tanat Wellness

Personal Training - 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.

Please contact Kate directly to discuss your personal training options

email: kate@kateoakley.com

The Wellness Suite

Our Wellness Suite with Infrared Sauna and Hydrotherapy tub is the experience to help you restore, recharge and rejuvenate.

Each 90 minute session is private and exclusive - you have the suite all to yourself. Our luxurious Bryn Tanat Hall robes and towels are provided for you to enjoy during your visit.

1 person - £35.00

2 – 6 (max) persons £30.00 per person

Available Monday – Sunday

9am – 10.30am, 11am – 12.30pm, 1pm – 2.30pm, 3pm – 4.30pm, 5pm – 6.30pm & 7pm – 8.30pm

This experience is available to members, resident guests and day guests.

To book your session in The Wellness Suite please email wellness@bryntanat.co.uk or telephone 01691 828266 (option 3)

Infrared Sauna

Using a totally natural form of light that we feel as heat, an infrared sauna session is great after a tough workout and can help you soothe your aches and pains.

At Bryn Tanat Wellness we offer a full spectrum infrared sauna experience, using near, mid and far infrared technologies. Some of the proven benefits are improved appearance of skin and cellulite, reduces stress and fatigue, eases arthritis joint pain and stiffness, improves cardiac health and lowers blood pressure, detoxification, improved immune system, relieves muscle pain, increased metabolism, burns calories and aids weight loss.

Bryn Tanat Wellness

Users say that the benefits not only cover the easing of muscle aches and pains but also encourage an enhancement in blood flow, giving the skin a healthy glow. Infrared therapy has long been used in body and muscle treatments and is an established and effective tool for natural healing and prevention. A session in our sauna is a pleasant and rewarding experience, where unlike a traditional sauna, you have complete control over the temperature, intensity, lighting and audio.

Hydrotherapy

Our hydrotherapy tub can help you de-stress and unwind, and time spent in the tub also helps to promote deep and restful sleep. Hot water soothes the muscles, boosts the circulation and aids the elimination of toxins, due to the hydro-massaging effects from the water jets that stimulate the lymphatic system.

If you want to keep yourself in balance, the benefits of our infrared sauna and hydrotherapy tub may be just what you need to achieve your wellness goals.

Tennis Court

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

For more information on joining our membership or booking a Wellness Experience please contact wellness@bryntanat.co.uk or telephone 01691 828266 (option 3)

Bryn Tanat Wellness

Bryn Tanat Wellness, Llansantffraid-Ym-Mechain, Powys, SY22 6BA

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Our New Covid-19 Members Rules

During these unprecedented times we have to ensure that all new protocols are followed, this is for your safety and also that of other members and our staff.

- you will not attend the fitness suite if feeling ill, have developed any of the CV-19 symptoms or have been in contact with anyone who has within the 14 days prior to your fitness session.
- we are unable to allow guest bookings at present.
- prior to attending your first session back you will need to have completed and returned a new and up to date PAR-Q form.
- will be operating a booking system. The sessions will be 60 minutes long with 4 people maximum in at any one time. These sessions begin on the hour throughout the day. Please do not arrive early for your booked session and please leave on time. This allows for fair use for all members. This system is monitored closely.
- you will be able to book sessions during your normal membership hours (either off-peak or unlimited).
- if you have not booked your session prior to arriving you will not be permitted entry.
- if you can't make your session for whatever reason please cancel it via the app as this will make it available for someone else.
- you will be able to book the sessions via our online app. All current members will receive an email upon joining from our Club Manager software with a link to the member portal login
- our opening hours will remain the same Monday - Friday 7am - 9pm and Saturday and Sunday 7am - 8pm
- you must use your own key fob to gain access to the gym. If you have a booked a session with, your spouse, friend or training partner YOU MUST sign in with your own fob. This will be monitored and we will have to contact any members who are found to be not doing this.
- the sign in book has been removed so therefore the digital registration is very important for insurance and for purposes of track and trace details.
- please use the hand sanitiser provided prior to entering the fitness suite and when leaving.
- you must arrive in your gym clothing, you are not permitted not change clothes on site.
- you will not be permitted to use the shower.
- you must maintain a 2m distance from the other members and staff whilst in the fitness suite.
- you must wipe down any equipment you use immediately after use (including free weights) and return all equipment to its home.
- please limit the amount of personal items you bring with you.
- Please do not use our grey towels/sweat towels to wipe down the equipment. Only use the disposable white paper towel and sanitiser. When leaving the fitness suite please place your used grey towel in the linen basket for housekeeping.
- We will be increasing our cleaning frequency throughout the day and monitoring the use in person and by our CCTV system.

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