



FORMBY HALL

GOLF RESORT & SPA

MY|GYM

Exclusive MY|GYM Membership Benefits

Terms and Conditions apply and may be subject to availability. For further details regarding Membership benefits, please refer to the MY|GYM Terms and Condition.

MY|GYM

- Comprehensive Fitness Induction and Fitness Evaluation.
- One complimentary Personal Training Programme and Lifestyle Review, with 6 weekly personalised programme.
- Three complimentary Guest Passes to MY|GYM.
- Complimentary access to a comprehensive choice of daily fitness classes.

Formby Hall Golf Resort & Spa

- 20% off food in the Restaurant and 19th Hole.
- 10% off beverages in the Restaurant and 19th Hole
- A special rate of £75 room only when attending a function at Formby Hall (Terms and Conditions Apply)
- 10% discount on golf tuition provided by Formby Hall Professionals at the PGA Golf Academy.
- 10% discount on soft goods in the Pro-Shop.

MY|GYM Facilities

- Large 20-metre indoor heated swimming pool with massage jets and poolside relaxation. Invigorating spa whirl pool bath, experience showers and steam room.
- 40-plus station gymnasium with the latest Technogym Equipment controlled by a wellness system. Cardiovascular equipment has an integrated touch screen TV, radio stations, integrated fans and iPod docking stations.
- KINESIS Studio for general health improvement, sports training and muscle toning. Its unique design allows for over 200 different exercises and an infinite variety of movements.
- Comprehensive Fitness Evaluations, Personal Training and Lifestyle Consultations.

MY|GYM Prices

- Peak membership, individual - £51.00
- Off-peak, individual - £41.00
- Peak membership, joint - £81.00
- Off-peak membership, joint - £61.00
- All monthly by direct debit.
- Joining Fee - £100
- Administration fee - £25