



FORMBY HALL

GOLF RESORT & SPA

THE GYM

TOP 10 REASONS TO JOIN FORMBY HALL GYM

1 WELL-BEING

Formby Hall GYM is positioned in a secluded location where you can get away from your daily stress and enjoy a bit of 'me time'. We offer ways of relaxing, working out and developing relationships, all crucial to a great sense of well being.

2 GYM

Featuring state of the art gym equipment and gym music playlists, you are guaranteed an environment to inspire and motivate you to be the best of version of yourself.

3 MEMBERSHIP

Simple. Accessible. Flexible. Something for everyone at Formby Hall GYM.

4 STAFF

Taking the first step to your self improvement journey can be very daunting, but here at Formby Hall, our Leisure team will try to make you feel as comfortable as possible straight away. Feeling a sense of belonging at first will help you achieve those goals that you have been visualizing for the last few months or even years.

5 PERSONAL TRAINING

With a vast array of experience and knowledge our fully certified Personal Trainers will develop a training plan designed to reach your goals.

6 CLUBHOUSE FACILITIES

Our attractive clubhouse is a great way to relax offering great choice of food and drink for you and your guests.

7 GROUP EXERCISE

We offer a range of classes, from slow relaxing Yoga to a fast paced HIIT class. These fun classes have a great atmosphere supplied by great motivational music, energizing workouts and a fantastic group of people.

8 SWIMMING

Enjoy time in the region's premier indoor pool. The perfect workout, especially for those looking for low impact cardio, or to improve endurance, strength and muscle tone.

9 THERMAL SUITES

Enjoy our relaxing thermal suites. Our offering includes an Himalayan Salt Sauna, Jacuzzi, Laconium & Steam Room. It is a great chance to soothe away the tension of every day life. You may even want to book an additional spa treatment?

10 CONTINUED INVESTMENT

In the last 12 months we have invested heavily in our Leisure Facilities. We have added Les Mills Virtual classes this year and will continue to invest in improving our member's experiences with NEW Gym Equipment coming soon!