

THE HEALTH CLUB AT ST PIERRE PARK

*Hand*PICKED
HOTELS

BUILT FOR PLEASURE

Following a £2.5 million refurbishment, Guernsey's newest health club and spa opens during Summer 2016 at St Pierre Park.

Contents

[Click the link below](#)

[Welcome](#)

[Swimming pool](#)

[Heat experiences](#)

[Cardio gym and stretch zone](#)

[Resistance and weight training zone](#)

[Outdoor decked stretch zone](#)

[Spa and hair](#)

[Membership](#)



Welcome to St Pierre Park

The development has seen the previous facility completely removed and reconfigured to create a fantastic new offering with every element of detail being carefully considered to ensure a fantastic product has been created and is now yours to join.

As a member you will have full and unlimited access to the health club and all the club facilities without the constraints of peak and off-peak hours. Being a member does not stop there.

Benefits include:

- Full use of health club
- Free set classes
- Preferential spa treatment rates
- Free parking
- Discounted food and beverage



The Spa



Swimming pool and heat experiences

A highlight of being a member has got to be having use of the indoor swimming pool and heat experiences. The pool features LED lights, an infinity wall and accompanying floor to ceiling windows with one-way privacy view outside.

The poolside wet area features two Experience Showers. These snail shaped showers comprise of body jets, essence, mood lighting and overhead rain drencher. They are perfect for added indulgence and well-being, unless of course you are brave enough for the outdoor shower.

And that is not all...



Heat experiences

New sauna and steam rooms have been created poolside. The sauna uses volcanic stones and provides two tiers of seating with privacy glass and accompanying dual-aspect views over the lake and grounds. The steam room offers tiled and marbled benches for added comfort.

The pool and wet area includes sliding doors that lead directly out onto an outdoor decked terrace that offers a:

- Heated hot tub
- Outdoor shower
- Sun loungers
- Seating area

What better way could there be to spend a sunny afternoon? (or perhaps a winter's day in the warmth of the hot tub!).

Cardio gym and stretch zone

The gym has been given a significant transformation and will bring a new dimension to your workout at St Pierre Park. Not only has the gym doubled in size to create a new cardio gym with a stretch area, it also offers a:

- Separate fitness and free weights zone
- Group cycling
- Access to the outdoor decked stretch zone

All inside gym areas are air conditioned for maximum comfort.



Cardio gym and stretch zone

The cardio gym is glass fronted with views overlooking the lake. The new equipment has been carefully selected from Matrix to ensure variety to your workout and is suitable for all abilities.

Each machine features an interactive 19 inch screen with iPod docking station, TV channels and social media connectivity. A highlight has to be the virtual active workout option, giving the user a choice of landscapes to train in for a visual and motivating experience.



Resistance and weight training zone

This new area provides resistance machines, free weights, benches and group cycling to offer a new dimension to St Pierre Park. Having a dedicated fitness zone will enable members to train in the latest techniques and ensure maximum results are achieved.

Studio

We offer a number of core, aerobic, resistance and holistic classes to suit all levels of fitness and at different times of the day. Set classes are included in your membership.



Outdoor decked stretch zone

With large private grounds and lakeside setting we have made the most of the environment at St Pierre Park and created an outdoor decked stretch zone, accessible directly from the gym.

This includes:

- In-Trinity® boards
- Stretch mats
- Relaxation beds
- Plus, outdoor tennis courts available for free hire



Spa

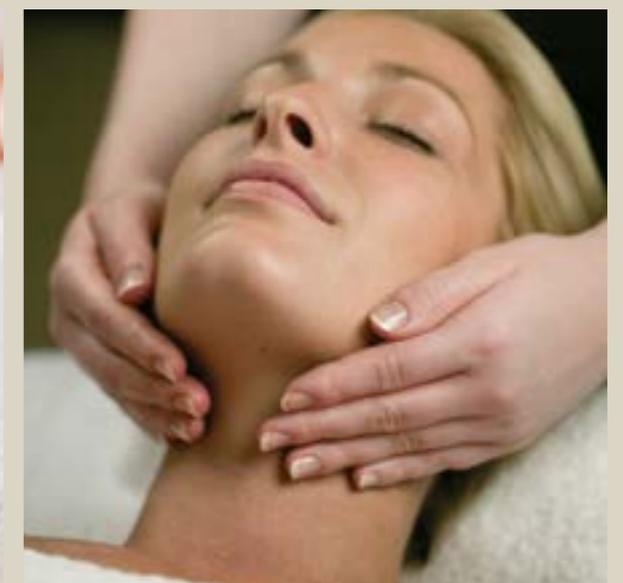
The Spa is the perfect place to escape the pressures of everyday life and take time to relax and unwind.

Highlights include:

- Five treatment rooms
- Relaxation room
- Manicure and pedicure area
- Large selection of pre-bookable treatments from Elemis and Jessica Nails, including Elemis BIOTEC facials

Hair

A fantastic new hair salon has been created in a new location to serve men and women.



Membership

Membership at St Pierre Park is available to adults aged 18 and over. We have a variety of membership options that include:

Direct debit

- Full single
- Full joint

Annual payment

- 12 months for the price of 11

Joining fees are applicable to these rates.

In addition members receive:

- Discounted Spa treatments
Monday to Thursday 20%
Friday to Sunday 10%
- Discounted food and beverage in the hotel bar and restaurant
Monday to Sunday 20%

To register your interest and/or join as a member

Call: 01481 722341 or

Visit: stpierreparkhealthclubandspa.co.uk

