



health and fitness

membership

general club information and personal training



aquilla

general club information

Located in the exclusive area of Knightsbridge, Aquilla Health and Fitness Club has been established for over twenty years. The Club offers a wide range of professional services for both adults and children, with dedicated professional trainers to help, guide and motivate you to achieve your health, fitness and beauty goals.

Club Opening Times

Access to the club will conclude 45 minutes before closing time. Opening times during any Bank Holiday period may vary and will be displayed to members on the club notice boards.

Monday to Friday

07.00 - 22.00 hrs

(Last entry 21.15pm)

Saturday and Sunday

08.00 - 20.00 hrs

(Last entry 19.15pm)

Off Peak Hours

Monday to Sunday

09.00 - 17.00 hrs

(Last entry 16.15pm)

Children's Access

Monday to Friday

09.00 - 18.00 hrs

**Saturday and Sunday
unrestricted access**

Subject to notification of change

Facilities

The gym is separated into two areas providing a range of equipment from treadmills, cross-trainers and free weights to stretch mats. All cardio machines are equipped with a 15" audio visual screen for fantastic entertainment while you work out.

The pool is primarily used for leisure, although lane swimming is possible. Aquacise classes and swimming lessons take place at various times throughout the week. The pool is 15 metres in length and 1.5 metres deep with the temperature maintained at 32°celsius.

The studio hosts a variety of weekly classes ranging from yoga and pilates, to aerobics, belly dancing, salsa and spinning.

The therapy rooms offer a range of treatments from a relaxing facial to specialised therapeutic massages such as ayurveda and homeopathy. Members and hotel guests receive a 10% discount on these treatments.

An individual steam room and sauna are available in each changing area, allowing for your privacy and comfort.

The clinic is available to maximise your overall well being and includes treatments such as osteopathy, acupuncture, Chinese medicine, full nutritional advice profiles and many beauty treatments.

membership prices

Monthly Payments

	Join fee	Price
Peak	£99.00	£77.00
Off Peak	£99.00	£70.00
Peak Joint	£99.00	£133.00
Off Peak Joint	£99.00	£112.00

Single Payments

	Join fee	Price	Saving
6 Months Peak	£79.00	£424.00	2 weeks free
12 Months Peak	£79.00	£843.00	2 months free
6 Months Off Peak	£79.00	£384.00	2 weeks free
12 Months Off Peak	£79.00	£769.00	2 months free
6 Months Joint Peak	£79.00	£735.00	2 weeks free
6 Months Joint Off Peak	£79.00	£622.00	2 months free
12 Months Joint Peak	£79.00	£1460.00	2 weeks free
12 Months Joint Off Peak	£79.00	£1236.00	2 months free
1, 2, 3 Months Peak	N/A	£101.00	No join fee
Student (or 16-21 Years)	£20.00	£60.00	No contract
Day Pass Adult	N/A	£15.00	
Child	N/A	£5.00	

All prices include the current rate of VAT

Family and corporate packages are available upon request; please enquire at reception for more details.

Please note that there is a one month notice period on your membership from the first day of the month. You can freeze your membership for up to three months, free of charge, within a 12 month period. We require 4 weeks notice for direct debit freeze requests. A freeze period in excess of 1 month will require written notice.

Alternatively, why not try one of the exciting classes offered by our trained professionals...

Thai Kick Boxing

Release the day's stress on focus pads, whilst learning self defence skills in our Thai kick boxing classes. Not only will you gain confidence, but you will improve the tone of your abs, arms and legs. This is a non-contact workout.

Pole-A-Cise

A fantastic way of exercising and a skill that is celebrated as an art form across the world. Have fun learning whilst getting a great workout with fully qualified Polepeople instructors.

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personal training

If you want variety, motivation, supervision and most of all results, spending time with a personal trainer is the best way to achieve this. Personal trainers can help with fitness assessments, advice on healthy eating, your lifestyle and tackling habits such as smoking.

A personal trainer is your own specialist fitness coach. It is common for people to exercise on their own, although this trend is changing as people are beginning to recognise the increased benefits of having their training sessions supervised and their progress monitored.

All of Aquilla's personal training staff have recognised qualifications and are trained to high standards. Please refer to the personal training display in the club, for a complete portfolio of Aquilla's personal trainers.

Simply select a trainer that you feel will be most compatible and we will arrange a trial session to allow you to get to know each other. If all goes well, further consultations may be scheduled and from then on, it is down to you and your trainer to plan your future programme. Your progress will be monitored and regulated at all times.

Personal Training Services

- Cardiovascular fitness
- Weight loss programs
- Resistance training
- Muscle gain
- Muscle toning
- Circuit training
- Boxercise
- Stretch and flexibility sessions
- Sports specific training
- Injury rehabilitation
- Gaining confidence in the gym
- Pregnancy/pre and post natal exercise
- Aquacise
- Walking/running programs
- Swimming lessons
- One-to-One pilates

Personal Training Sessions

(To qualify for discounts on multiple sessions the total amount must be paid in advance.)

Members

1/2 hour	£27.00
1 hour	£45.00
5 x 1 hour sessions	£210.00
10 x 1 hour sessions	£400.00

Non Members

1/2 hour	£30.00
1 hour	£50.00
5 x 1 hour sessions	£225.00
10 x 1 hour sessions	£450.00

Group Training Sessions

2 persons for 5 x 1 hour	£300.00
3 persons for 5 x 1 hour	£270.00
4 persons+ for 5 x 1 hour	£250.00

Swim Lessons Term Prices (Based on 12 Weeks)

Private Lessons

One child in the class	£310.00
Two children in the class	£465.00
Three children in the class	£550.00

Junior Swim

Group lessons	£205.00 per child
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Prices may vary depending on term length and activity

Holiday Single Lesson

One child in the class	£28.00
Two children in the class	£42.00
Three children in the class	£50.00
Special Group Courses	£18.00

All prices include the current rate of VAT

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health and fitness



- Open 7 days a week
- Fully equipped gym and free weight area
- 15metre heated swimming pool
- Studio with a variety of weekly classes
- Therapy rooms offering a range of treatments
- Individual steam rooms, sauna and changing rooms
- Health clinic focusing on acupuncture and osteopathy

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Travel Information

By Road

Follow M4/A4 (Cromwell Road) into central London.
Aquila Health and Fitness is on the right hand side opposite the Victoria & Albert Museum.

Car parking

2 public car parks nearby (limited number of spaces).
Please contact the reception desk in Aquilla.

By Tube

South Kensington (750m) Circle, District and Piccadilly lines.

By Rail

Victoria 1 mile (1.6km).



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