



health and fitness

# general club information and personal training



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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 - 19.00 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.

## 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	£26.40
1 hour	£44.00
5 x 1 hour sessions	£205.00
10 x 1 hour sessions	£391.50

#### Non Members

1/2 hour	£29.40
1 hour	£49.00
5 x 1 hour sessions	£220.50
10 x 1 hour sessions	£440.40

### Group Training Sessions

2 persons for 5 x 1 hour	£293.60
3 persons for 5 x 1 hour	£264.25
4 persons+ for 5 x 1 hour	£244.70

### Swimming lessons

1 person for 1/2 hour	£29.40
2 people for 1/2 hour	£44.00 per lesson
3 people for 1/2 hour	£53.80 per lesson
1 person for 5 x 1/2 hour sessions	£137.00
2 people for 5 x 1/2 hour sessions	£205.55 per lesson
3 people for 5 x 1/2 hour sessions	£244.70 per lesson

### Junior swim

Group class of +3 people for 12 weeks  
£200.00 per child

## Travel Information

### By Road

Follow M4/A4 (Cromwell Road) into central London. Aquilla 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).



### Aquilla Health and Fitness

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