



GRANTLEY HALL

GRANTLEY GOLD MEMBERSHIP INCLUDES:

120 minute Fitness Consultation

120 minute Health Consultation

Lorisan Food Intolerance test kit

Biometric analysis and goal setting with an ELITE personal trainer

Two blood analysis Health Assessments – to be completed 6 months apart

A MyZone Heart Rate Monitor plus access to virtual classes

One Spa treatment per month

Four ELITE treatments per month

Four ELITE 1:1 personal training sessions per month

Access to a personalised ELITE fitness program designed for your goals and needs

Induction on ELITE specialist facilities:

Cryotherapy | Underwater Treadmill | EMS Suit Training | Altitude Training

Unlimited access to the indoor pool, vitality pool & thermal areas at Three Graces Spa

Unlimited access to both the Executive Gym and Strength
& Conditioning Studio at ELITE

Unlimited access to the programme of bespoke classes which include:

Yoga | Indoor Cycling | HIIT

Twelve guest passes throughout the year

20% off additional Spa and ELITE treatments

Grantley Gold Luxury Welcome Gift

ELITE Welcome Gift Pack

Grantley Gold Membership Card

To discuss a Grantley Gold Membership in more detail, please contact a member of the ELITE wellness team by calling 01765 620070 or by emailing ELITE@grantleyhall.co.uk