



## GRANTLEY HALL

### GRANTLEY GOLD MEMBERSHIP INCLUDES:

- Health & Fitness Consultation
- Biometric analysis and goal setting with an ELITE Personal Trainer / Coach
- Loris Food Intolerance test kit (Done during the Fitness Consultation - optional extra)
- Detailed Health Screen & Assessments (Blood Analysis) - 2 assessments per year
- A MyZone Heart Rate Monitor plus access to virtual classes
- One Spa treatment per month (from selected treatment list)
- Four ELITE Specialists 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 and thermal areas at Three Graces Spa
- Unlimited access to both the Executive Gym and Strength and 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
- 20% Off Food from Hotel Restaurants (alcohol beverages not included)

Grantley Gold Single; Annual payment of £9,000. Plus £1,500 joining fee.  
Grantley Gold Joint; Annual payment of £15,000 a year. Plus £2,500 joining fee.  
(this membership does not have a monthly payment option)

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](mailto:ELITE@grantleyhall.co.uk)