



### Membership Benefits

- A range of studio classes, many of which are free of charge
- Modern changing rooms with complementary towels and toiletries
- Separate men's and women's sauna and steam room
- Access to pool and hot tub
- One complimentary personal training session
- Complimentary health checks
- 20% discount on all food and drink at The Rembrandt Hotel for up to a table of 4.
- Discounted accommodation at all Sarova Hotels

Terms and Conditions apply.

### 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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## General Club Information



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Located in the exclusive area of Knightsbridge, Aquilla Health & Fitness has been established for over thirty years as a boutique health club.

### Club Opening Times

Access to the club will conclude 45 minutes before closing time.

### Facilities

The **gym** is separated into two areas providing a range of equipment from treadmills and cross-trainers to free weights and resistance machines.

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, please check our website for a full pool schedule. The pool is 15 metres in length and 1.5 metres deep with the temperature maintained at 32°C.

Separate **men's and women's steam room and sauna** are available in each changing area, allowing for your privacy and comfort.

Our professional **personal trainers** can help you reach your fitness goals. They can help with personal training, nutrition, injury rehabilitation and more. Our facilities are also available to hire by private personal trainers.

The **studio** hosts a variety of weekly classes ranging from yoga and pilates to high-energy fitness classes. Our studio is also available for private hire for one-off events or regular use.

**Monday to Friday**  
06.30 - 21.00 hrs  
(Last entry at 20.15)

**Saturday and Sunday**  
08.00 - 20.00 hrs  
(Last entry at 19.15)

**Children's Access**  
Enquire at reception

Children under 16 must be accompanied by a person aged 18+.

All timings are subject to change.

## Membership Prices

Joining Aquilla Health & Fitness gives you access to a fully equipped gym, hot tub and heated swimming pool in the heart of Knightsbridge.

**£105 monthly membership**

**£160 one month only**

**Terms and Conditions apply**

For short-term access to Aquilla Health & Fitness, we offer blocks of ten-day passes.

Day passes are available to purchase from Reception and provide access to our gym facilities, swimming pool, hot tub, steam rooms and saunas. Day passes cannot be shared and only one access card is available per person.

**£200 for 10 Day Passes**

*Day passes expire after 6 months of purchase. All prices above include the current rate of VAT.*

## Personal Training

- One to one training sessions which are tailored to your fitness goals.
- Group sessions.
- Health checks include an assessment of your body fat, muscle mass, visceral fat, bone density, water weight, body age, blood pressure, peak flow, strength testing, flexibility testing and grip tests.
- Once we have assessed your goals, we will pair you with a Personal Trainer to work with you in order to achieve them.

Our Aquilla Trainers are able to assist in the below and many other health and fitness goals:

- Weight loss programmes
- Muscle gain programmes
- Sports-specific training
- Pre and postnatal
- Injury rehabilitation
- Stretching and flexibility
- Boxing and boxercise
- Diet and nutrition
- 1-2-1 pilates

### Personal Training Sessions

1	30 minute session	£40.00
1	60 minute session	£70.00
10	30 minute session	£375.00
10	60 minute session	£650.00

**Swimming lessons are available, please enquire at reception for more information.**

*All prices include the current rate of VAT*