



Membership Benefits

- A range of studio classes, many of which are free of charge
- Modern changing rooms with complementary towels
- 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

Travel Information

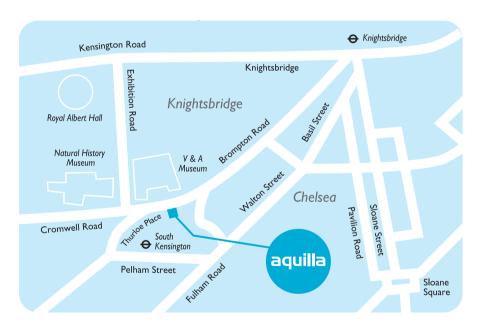
Follow M4/A4 (Cromwell Road) into central London. Aquilla Health and Fitness is on the right hand side opposite the Victoria & Albert Museum.

Car Parking

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

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

By RailVictoria | 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.

Facilities

machines.

The **gym** is separated into two areas

providing a range of equipment from treadmills

and cross-trainers to free weights and resistance

The **pool** is primarily used for leisure, although

lane swimming is possible. Aquacise classes and

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

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

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.

Joining Aguilla Health & Fitness

gives you access to a fully equipped gym, hot tub and heated swimming pool in the

heart of Knightsbridge.

with personal training, nutrition, injury

temperature maintained at 32°c.

swimming lessons take place at various times

Club Opening Times

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

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.



Join us today!

Membership Prices

£120 monthly membership
£180 one month only
£1299 annual membership

£2,330 joint annual membership

£240 for 10 Day Passes

Terms and Conditions apply

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

Blocks of 10 day passes are available to purchase from Reception and provide access to our gym facilities, studio classes, swimming pool, hot tub, steam rooms and saunas. Blocks of 10 day passes cannot be shared and only one access card is available per person.

Day Passess in blocks of 10 expire after 6 months of purchase. All prices above include the current rate of VAT

Induction:

Fitness Assessment:

Fitness Program:

Fitness Buddy:

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

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