



**Gym & Tonic**  
Health and Fitness Centre

*at*

*Stoke Rochford Hall*

*Visitors Information*

*~ 2006 ~*

*~ For fitness or pleasure ~*



## HEALTH & FITNESS FACILITIES FOR GUESTS

*Welcome to Stoke Rochford Hall's Health & Fitness Centre. Whether you follow a rigorous exercise regime or just wish to pamper yourself, 'Gym & Tonic' has it all.*

For the complete body workout ...

### IN THE GYM

**Aerobic Zone comprising:**

2 Concept II rowing machines

2 Trimline Running Machines

2 Electronic Cycles

The latest Pulse Pace Stepper



*Complimented by a range of single station weight resistance machines and free weights to tone and condition the body.*

### SWIMMING

A seasonally heated indoor pool is available to you during the Club's opening hours.

### INDOOR PURSUITS

Table Tennis

Badminton

Fitness Classes



## RELAXATION & SPA

Individual Male & Female Sauna & Steam Rooms  
Family size Jacuzzi  
Sun shower

## EQUIPMENT

A supply of tennis and badminton racquets, shuttles, table tennis bats and balls, etc; are available for hire.

*Appropriate clothing and footwear should be worn whilst using the Club's facilities. Towels are provided.*



## CHARGES

|                             |   |
|-----------------------------|---|
| Residential day membership  | £6.00   |
| NUT day membership          | £3.00   |
| Swim Only                   | £3.00 - Adult<br>£1.50 - Children<br>Under 5 - free |
| Sunshower                   | £3.25 per 5 Mins                                    |
| Sports Hall                 | £15.00 per hour                                     |
| Football Pitch/Pitch Lights | £25.00/£12.00 per hour                              |
| Equipment & Racquet hire    | £5.00 (+ £10 Deposit)                               |

*Membership cards may be obtained from 'Gym & Tonic's' reception where facilities should be booked not more than 24 hours in advance.*



## OPENING TIMES:

*Monday -Friday*  
*1:00pm - 9:00pm*

*Saturday & Sunday*  
*10.00am – 6.00pm*

*For information contact:*

*Gym & Tonic, Stoke Rochford Hall, Nr Grantham, Lincs, NG33 5EJ*

*Tel: (01476) 530781*

*[www.stokerochfordhall.co.uk](http://www.stokerochfordhall.co.uk)*

