



JUST SAY THE WORD

WORKOUT

LUXURY SPA AND FITNESS

ROWHILL GRANGE
HOTEL AND UTOPIA SPA



TEAM SPIRIT!

FROM THE MOMENT YOU STEP THROUGH THE DOOR WE WANT YOU TO FEEL AT EASE. WE ARE HERE TO MOTIVATE AND SUPPORT YOU HOWEVER WE ALSO WANT YOU TO FEEL AT HOME, PART OF A WELCOMING AND SOCIABLE CLUB.

From reception to personal instructors to therapists - we are a truly passionate team and are here to ensure you reach your personal goals and maintain a healthy and balanced lifestyle.

Conducive to this, our membership is restricted to an intimate number, we are in the heart of beautiful grounds plus we have plenty of car parking!

GREAT EXPECTATIONS

AS A MEMBER OF ROWHILL GRANGE SPA AND FITNESS CLUB YOU CAN EXPECT:

ACTIVE

- A fully equipped gymnasium
- A full programme in our aerobics studio
- Lifestyle and fitness assessments
- Quarterly assessments
- Group exercise classes
- Personal training
- Motivational and friendly staff

RELAX

- Full access to the award-winning spa - including swimming pool, Japanese therapy pool, Jacuzzi, waterfall massage, steam and sauna rooms
- Complimentary towels
- Luxury products
- Well stocked, luxurious changing rooms
- Guest passes for your friends

SPOIL

We have nineteen gorgeous treatment rooms and a range of superb treatments - tailor made depending on your physical and emotional needs when you visit. Sheer bliss...



SOCIABLE

WE ARE MORE THAN JUST A FITNESS CLUB. THROUGHOUT THE YEAR WE HOST FUN EVENTS AND PREVIEWS SO YOU CAN CATCH UP WITH FRIENDS OLD AND NEW PLUS WE HAVE SOME VERY TASTY DINING OPTIONS, SO THAT YOU CAN USE US AS A HOME FROM HOME WITH FRIENDS, FAMILY AND COLLEAGUES. OR YOU COULD OF COURSE TAKE A SEAT ON THE TERRACES OR SINK INTO A SOFA AND NOT BE DISTURBED - IT'S UP TO YOU.

RGs

Our exciting dining concept placing us within the most desirable dining destinations countywide.

Bucking a tired trend of fancy for fancy's sake, menus will showcase good honest seasonally inspired dishes with priority to source the very best Kent produce from local suppliers.

An extensive menu featuring modern takes on dishes that will make you excitingly reminisce alongside a succulent grill menu.

ELEMENTS

An informal brasserie feel with a buzzing atmosphere and plenty on the menu for a quick bite, lunch with friends or simply a glass of something nice after a hard day.

THE TERRACES

Simply grab a drink or a snack in the sunshine when the British weather allows, however it's a splendid space to enjoy rain or shine.

And of course as a member you get preferential rates on all the above.



ADDED EXTRAS...

THERE ARE A NUMBER OF ADDITIONAL BENEFITS AT ROWHILL GRANGE THAT WE HAVE CREATED EXCLUSIVELY FOR OUR MEMBERS ADDING TO YOUR EXPERIENCE.

ACTIVE

- **20% off** Elements Bar and Lounge
- (max 8 people)
- **20% off** RGs our very fine dining restaurant
- (max 8 people)
- **10% off** Treatments
(valid Sunday to Friday inclusive)
- **10% off** Hair treatments
- **10% off** our lovely retail products
- * Complimentary three-course Sunday lunch in RGs for two people. (food only)
- * Complimentary overnight stay voucher (Sunday to Friday)
- * Complimentary room to host a private event or meeting (one per year max 20 delegates).
- * 3 x guest day pass vouchers

AT OUR TWO SISTER PROPERTIES... Alexander House, East Grinstead and Langshott Manor, Horley.

- **10% off** rack room rate at all three Alexander Hotels.
- Complimentary upgrade on bedrooms (where available)
- **20% off** dining at Alexander House Hotel (food only)
- **20% off** dining at Langshott Manor Hotel (food only)

* Denotes a benefit applicable to members paying full annual fee.

CAN I INTRODUCE YOU TOO...

INTRODUCE A FRIEND TO MEMBERSHIP OF THE CLUB AND CLAIM A COMPLIMENTARY SUNDAY LUNCH OR A £50 TREATMENT VOUCHER WHEN THEY HAVE BEEN HERE FOR THREE MONTHS.

TARIFF

	Monthly	Weekly Equivalent	Annually	Weekly Equivalent
Individual Members	£83.00	£19.15	£913.00	£17.55
Joint Membership	£130.00	£30.00	£1430.00	£27.50

Guest Fees -£15.00 per visit (must be accompanied by paying member)

Opening Hours

Monday to Friday - 7:00 - 21:00

Saturday, Sunday and Bank Holidays - 8:00 - 20:00

For further details please contact syoung@alexanderhotels.com
or call **01322 667433**

ROWHILL GRANGE HOTEL
AND UTOPIA SPA

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