

# WE ARE OPEN

## UPLIFT YOUR LIFE THROUGH FITNESS & WELLNESS

### 50% OFF JOINING FEE

## OUR SERVICES

Single  
Membership

**£55** PER MONTH **£550** ANNUAL MEMBERSHIP

Joint  
Membership

**£49** PER MONTH **£490** ANNUAL MEMBERSHIP



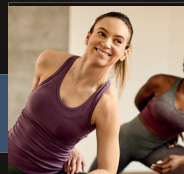
**State of  
the Art Gym  
Equipment**



**In Body  
Composition  
Analysis**



**Tailored Gym  
Programme**



**Fitness  
Classes  
Included**



**Full use of  
Leisure  
Facilities**

## Join now!

Scan me for more information



Membership is open to anyone over the age of 16 years old. Annual membership prices are for 12 months from the date of commencement and are non refundable. Joint membership must be paid from the same account for DD or annual. If one member chooses to cancel, the other member can choose to cancel or move to single membership. Prices are valid only for the year of 2024.



## LEISURE FACILITIES

- Indoor Heated Pool & Spa Pool
- Steam Room & Sauna
- Hydrotherapy Bucket Shower
- Heated Beds
- Changing Rooms with Showers



## BENEFITS

- **10%** off Serenity Spa Treatments
- **10%** off Food & Beverage
- **2x Free** Leisure Passes

## CLASS TIMETABLE



MON

TUES

WED

THUR

FRI

SAT

SUN

9.30 AM

Legs, Bums  
& Tums

Booty  
Shape

Zumba

HIIT

Body  
Conditioning

Circuit

Zumba

10.30 AM

30 Minute  
Arm Work

30 Minute  
Abz

Stretch &  
Mobility

Body  
Conditioning

Total Body  
Tone

12.15 PM

Getting  
Active

Well-being  
Tai Chi

30 Minute  
Legs

Get Active  
Circuit

5.30 PM

Circuit

30 Minute  
Arm Work

Total Body  
Tone

Zumba

Legs, Bums  
& Tums



6.30 PM

HIIT

Zumba

30 Minute  
Abz

f i g /elevate\_fitness.gym



✉ enquiries@marianresortandspa.com | 📍 Marian Resort & Spa, Allt Y Graig, Dyserth, LL18 6DX | ☎ 01745 703 330