



The Lansdowne Club

	Member fee	Guest & reciprocal fee
Gym	£2.50	£5
Swim	£2.50	£5
Swim & gym	£4	£7
Personal training	£35 1 hour session or prepay for 5 & receive the 6 th free*	<i>not available</i>
Swim lessons	£20 ½ hour lesson or prepay for 5 & receive the 6 th free*	<i>not available</i>
Sports massage	£30 ½ hour £60 1 hour	£35 ½ hour £70 1 hour
Physiotherapy	£46 ½ hour £94 1 hour	£50 ½ hour £98 1 hour

*Valid for 12 months