



INN
FITNESS
& SPA

Membership Tariff

Memberships	Peak	Off Peak
Full Monthly (1 month notice)	£49	Not Available
Monthly Direct Debit		
Full 6 month minimum (Pay 1st month, and get the 2nd month FREE**)	£45	£40
Annual Memberships		
Full Annual Payment	£450	£400
Junior Memberships (under 16yrs)		
Junior Monthly (Pool access only)	£10	£10
Day Pass		
Adult	£10	£10
Child (Pool access only)	£5	£5
Opening Times		
Monday - Friday	06:30 - 21:30	06:30 - 16:00
Saturday - Sunday	06:30 - 21:30	16:00 - 21:30

No Children After 8pm



Holiday Inn

**New members only

The Holiday Inn Newcastle Gosforth Park are proud to welcome you to our chic health club and spa.



Inn Fitness & Spa is the place to revive yourself. Relax in our 15 metre heated swimming pool, enjoy a work-out in our gym or take advantage of the steam room, sauna and spa bath.

The latest Cybex gym equipment includes:

Concept 2 rowing machines, Upright cycles, Treadmills, Arc trainers and a Recumbent cycle

Adjustable bench and 10 pairs of free weights from 2.5kg to 25kg

Bravo functional trainer-full body workout in one machine

MG-525 Multi gym

Stability ball and stretching mats

Spa treatment discounts

Rates start from £40.00 per month

Included in Your Membership

- FREE** - Personal training and development programme
- FREE** - Welcome pack (including gym bag, t-shirt & sports towel)
- FREE** - Nutritional advice
- 20% off** - Restaurant & Lounge food and beverages up to 4 people, excluding special events



Holiday Inn Newcastle - Gosforth Park

Great North Road, Seaton Burn, Newcastle upon Tyne, NE13 6BP

T. 0191 201 9988 F. 0191 236 8091

W. www.hinewcastlegosforthpark.co.uk

E. leisureclub@hinewcastlegosforthpark.co.uk