



Whatever you're Leisure.....

Welcome to the Marriott Breadsall Priory Leisure Club. We have designed a fantastic Leisure Club for your personal enjoyment. We aim to create an environment where you can simply be yourself... giving you the opportunity to do your own thing, in your own time. Add to this, great facilities, superb food and wine and a friendly service and you have the distinctive Marriott experience - luxurious, warm and welcoming – and the ideal restorative for mind and body. Our well trained and professional staff will give you a welcome that you will want to experience time and time again.

Marriott Leisure Clubs have a reputation for providing not only excellent facilities, but also a high level of service to make all your visits both enjoyable and of great benefit. The club is designed to accommodate everyone, irrespective of age or fitness level and is committed to meeting your individual needs. The club houses a heated swimming pool, Sauna & Steam room, Jacuzzi, fully equipped gymnasium with cardio theatre, 1-1 inductions and personal training. A fantastic range of wet and dry side fitness classes will also be available to add diversity to your training.

In addition our Health and Beauty Spa will allow you to Pamper, relax and unwind with a revitalising facial, massage or manicure. Our experienced therapists are always on hand to offer a wide range of face and body treatments, using only the best products and leading cosmetic houses.

We firmly believe that, with the correct programme and continuous motivation, all our members can achieve their ideal fitness goals. Our team of instructors and personal trainers are on hand to develop progressive and enjoyable exercise programmes to keep you on track; we hope you will take full advantage of their expert advice.

The gymnasium is equipped with the latest range of both weight resistance and cardiovascular machines. For your convenience cardio-theatre will be available throughout the cardiovascular gym so you can keep abreast of the latest news, sports results or stay in touch with your favourite soap opera, alternatively, tune in to the radio station of your choice.

Benefits of Exercise

- Increase self-confidence and self-esteem
- Increase energy and endurance
- Improve co-ordination, balance and flexibility
- Speed up metabolic rate, thus enabling body fat loss
- Firm, tighten and tone muscles
- Relieve tension and stress
- Improve circulation
- Normalise blood pressure
- Help you to sleep better
- Reduces the risk of heart disease

Membership Benefits

- Complimentary Car parking
- 20% Discount on food & beverage
- 10% discount at the Spa Health and Beauty Salon (Call 01332 836011)
- Complimentary use of Marriott leisure clubs (term and conditions apply)
- Complimentary Gym Induction: each new member will receive an assessment on joining the club. From the results, our fully qualified instructor will devise a tailor made programme to suit individual needs. This programme can be reassessed at regular intervals

