



The Club @ 140 Park Lane
140 Park Lane
London
W1K 7AA
Tel: +44(0)20 7647 5656
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❖ Heated Indoor Swimming Pool

Featuring a superb lighting scheme which changes colour

- ❖ Opening Hours: 6am ~ 11pm
- ❖ Pool Size: 12.5m x 8.0m
- ❖ Complimentary usage for hotel guests
- ❖ Swimming lessons are available: The price of 4 lessons is £320 for non-members (£80 each) and £240 for members (£60 each)
- ❖ Shorter lessons for 30 mins available to members for £40



❖ Steam Room

Soothe away your stresses and strains in the enhanced steam room enriched with Eucamint Essence

❖ Fully Equipped Fitness Room

- 24 Hour Access (complimentary for hotel guests)
- Individual plasma televisions available
- 3 Treadmills
- 2 Cross Trainers
- 2 Upright Lifecycle Exercise Bikes
- 1 Recumbent Lifestyle Exercise
- 1 Rowing Machine
- 1 Multi-Press
- 1 Dual Adjustable Pulley
- 1 Leg Curl Extension
- 1 Power Plate ~ Vibration Training
- A wide selection of weights and fitness balls available
- A personal trainer is available for consultation and progress checks

❖ Jogging in Hyde Park

- Jogging Maps available from the Hotel Concierge

- ❖ A fantastic 25% discount at the award winning 2 AA Rosette 140 Park Lane Restaurant on all food and non-alcoholic beverages **(Benefit for Health Club Members Only)**