



Bordering the ancient woodlands of Epping Forest, the Waltham Abbey Marriott Leisure Club offers a special setting.

Our Marriott Leisure Club offers a large 20 metre swimming pool, toddler pool, sauna, steam room, spa, and fitness suite. All Instructors can offer you that personal service in a relaxed and friendly environment.

#### Leisure Facilities:

- 20m Indoor Swimming Pool
- Toddler Pool
- Spa Pool
- Steam Room
- Sauna
- Fully Equipped Gymnasium

Opening Hours Mon-Fri: 6.30 - 23.00  
Sat-Sun: 6.30 - 23.00

Results, enjoyment and personal attention are the focus at Marriott and we can provide you with:

- Fitness Induction
- Personal Programmes
- Nutritional Advice
- Swimming Lessons
- Coaching & Motivation
- Social Events
- Private Member Benefits

Waltham Abbey Marriott Hotel  
Old Shire Lane, Waltham Abbey  
Essex, EN9 3LX United Kingdom

Phone: 01992 704496  
Fax: 0116 289 0853