



Zest Health & Fitness Club is open for both members and hotel guests.

We are currently operating with changes as we adhere to very comprehensive government guidelines as we all play our part in fighting against Covid-19.

Our team has made many alterations to ensure a safe experience for all users including members, hotel guests and our own team. To ensure this safe experience we will need your ongoing help and support as we transition to the many new changes whilst adhering to this legislation and social distancing requirements. Thank you for all your support to date.

Key Changes

The Jacuzzi, steam room and sauna will not be available for use at present.

All gym users should come dressed for exercise and are requested to shower at home. Shower facilities will not be available for gym users.

All pool users should come pool ready for swimming and are asked to rinse and towel dry. Users must shower at home. Shower facilities will not be available for pool users.

All members & hotel residents will be asked to fill in a compulsory self-declaration questionnaire.

To ensure your health and safety and in line with social distancing requirements, we have limited pool and gym slots daily. We urge our members and hotel guests to pre-book slots in advance to avoid disappointment. It is essential that we manage the numbers using the leisure centre at any one time.

All hotel guests must pre-book all sessions with Zest Health & Fitness Club once they arrive in the hotel. To book please call extension 685 with your room number, we cannot accept bookings prior to check-in.

Gym sessions are 50 minutes in duration

Swimming Pool sessions are 30 minutes in duration

General Guidelines

- Please observe floor markings and exercise zones
- Avoid personal contact with staff and other users
- Use the hand sanitizer before entering Zest Health & Fitness Club
- We ask that you adhere to social distancing guidelines at all times, keeping 2 meters from all staff and other users
- We ask all gym users to clean all equipment both before and after use. Use the cleaner & disinfectant spray and blue paper towel to clean it, then place the used towel in the bins provided

For more information please contact us by phone or email

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