

THE SPA

AT THE MIDLAND

Manchester's Most Private Gym

with only 200 gym memberships available.

IT'S WHAT A GYM SHOULD BE



Our philosophy is simple. We believe in a place where our members have enough **privacy and personal space** to workout as hard as they want.

We also believe in providing our members with the very best **one-to-one training** with Personal Trainers who offer nutritional advice and dedicate their time to work with you, to having **state-of-the-art Pulse equipment** that tracks your exercise and progress whenever you swipe your membership card on a machine, we have thought of everything you could ever need to reach your goals.

What's more, because we're located right **in the heart of Manchester's City Centre**, our gym is the ideal place to fit a workout before or after work. It also means you're always within touching distance from unwinding in our **soothing relaxation pool**. **Feel free to** catch up with a friend or your emails with great Wi-Fi in our Spa Café.

So, whether you prefer to work out or chill-out, The Spa at The Midland has everything you could ever need to help you train or relax in exclusive surroundings.

JOIN THE GYM AND...

- Benefit from a city centre location
- Unwind in our relaxation pool featuring a gorgeous swan neck fountain
- Gain access to our thermal area which features an invigorating salt infused steam room and sauna complete with a Himalayan salt wall and a lifestyle shower
- Train with the latest Pulse fitness equipment including interactive training system, controlled by your membership card
- Receive a tailored and personal induction plan, with one of our fitness team
- Receive personalised wellness and nutritional advice
- Have direct gym access from Mount Street
- Receive a complimentary towel every time you visit, saving you the hassle
- Book a fitness review with our Personal Trainers to help you maintain your goals
- Take advantage of the contemporary Spa Café offering a selection of food and beverages. Why not enjoy a coffee or smoothie post workout whilst making the most of our complimentary Wi-Fi?
- Receive an exclusive 20% discount on spa treatments (Monday - Thursday and excludes Bank Holidays)
- Receive a selection of additional benefits including discounts and offers in the spa and within The Midland hotel

OPENING HOURS

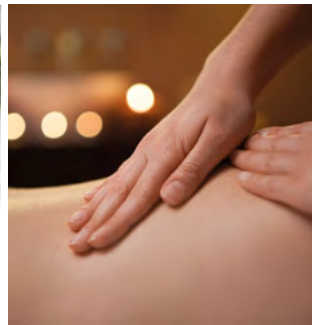
Monday – Friday: 6.30am – 9.00pm

Saturday & Sunday: 7.00am - 7.00pm

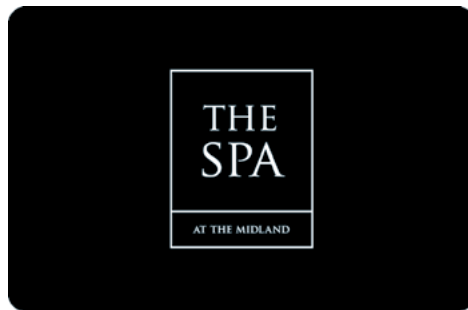
LIFESTYLE & WELLNESS

Our highly trained and experienced Personal Trainers deliver lifestyle and wellness programmes combining their experience in fitness and nutrition. Our exclusive lifestyle and wellness packages include Personal Training sessions, wellness checks, nutritional advice, an ongoing training programme and spa treatments.

DISCOVER MANCHESTER'S MOST PRIVATE GYM AND JOIN TODAY 0161 932 4086



MANCHESTER'S MOST PRIVATE GYM



Email: enquiry@TheSpaAtTheMidland.co.uk

Call: 0161 932 4086

 @SpaAtTheMidland

 The Spa At The Midland

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