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	31 Day Trial	Swim Only (Mon-Fri)	Vital Living	Swim & Gym	Active Living	Complete Living
Spa Facilities (swimming pool, hydrotherapy pool, sauna, steam & salt inhalation room)						
Exercise class schedule						
Gym including comprehensive gym induction						
15% discount on treatments and restaurant & bar						
Use of towels, bathrobes and slippers on every visit						
Guest passes	£30 each	4 Free	4 Free	4 Free	4 Free	8 Free
4 x 30 minute personal training sessions						
One £70 treatment every quarter (4 per year)						
90min food intolerance test or massage for two (value £135)						
Access to Frinton Golf Club – at preferential rates (subject to availability)						
Annual Payment (per person) or Monthly Payment (per person)	£95 for 31 days	£700 or £65	£988* or £90*	£1,025 or £95	£1,248* or £114*	£1,560* or £143*
Joining fee	£0	£100	£100	£125	£125	£150