



FRITTON LAKE

## Fritton Lake Members Club – Activity Pricing

Activity	Cost
Circuit Training – 60 minutes	£9
Yoga – 60 minutes	£9
Strength For Runners – 45 minutes	£9
Strength For Swimmers – 60 minutes	£9
Junior Fitness Club – 60 minutes	£9
Dance Fit – 60 minutes	£9
Strength & Tone	£9
Technical Training – 30 minutes	£15
Fishing Education & Lake Awareness – 60 minutes	£15
Open Water Swimming Proficiency Test	£10
Watersports Proficiency Test – paddle board & kayak	£15
Paddle Board Lesson For Beginners (inc OW test) – 60 minutes	£40
1-2-1 Personal Training – 60 minutes	£40
1-2-1 Open Water Swimming Coaching	£40
Group Open Water Swimming Coaching	£40
<b>Classes included in Membership</b>	
Cardio Blast – 30 minutes	FREE
Core Conditioning – 30 minutes	FREE
Stretch – 30 minutes	FREE
Family Football	FREE
Volleyball	FREE
Rugby Fitness	FREE
Fritton 5K Run Club	FREE
Walking Football	FREE
Raft & Shelter Building	FREE
<b>Tennis Coaching</b>	
Individual Coaching (60-minutes)	£40pp
Group Coaching (60-minutes - max 4 per session)	£40 per group
<b>Tours</b>	
Foraging Walking & Talk – 90 minutes	£20 Adult / £15 Child
Lake Safari – 90 minutes	£30 Adult / £25 Child
Safari Tour – 4 Hours	£45 Adult / £30 Child
Safari Tour – 2 Hours	£40 Adult / £25 Child
<b>Fritton Sports Massage Treatments</b>	
60 minute Sports Massage	£65
30 minute Sports Massage	£50
<b>Holistic Friday with Rose Haynes</b>	
60 minute Holistic Massage Treatment	£65
60 minute Reiki	£65

60 minute Hot Stone Massage	£70
30 Minute Indian Head Massage	£50