



LANGLEY PARK GOLF CLUB

# Gym and Personal Training Studio

Brand new for February 2019, Langley Park Golf Club is proud to announce the opening of a state of the art gym facility for exclusive use by members of the Golf Club.



Packed with cardiovascular, strength and conditioning equipment the gym is suitable for all abilities and is fully equipped to help you reach your fitness goals.

**GET FIT FOR GOLF**

Take advantage of our introductory offer:

**FREE INDUCTIONS FOR THE FIRST 3 MONTHS**

from one of our experienced gym team (Usually £20)

We have 2 fully qualified REPs level 3 personal trainers on hand to get you fully accustomed to the gym and to help you achieve your goals. Each member will have an individual induction with our fitness team. It includes an assessment of your medical history and your readiness for physical activity. You will be shown how to use the equipment, enabling you to confidently train by yourself.

Group sessions can also be arranged both indoors and outdoors.



**Membership starts from just £20 per month**  
**Personal Training from just £45.00 per session**

For further information on membership please  
contact:

[gym@langleyparkgolf.co.uk](mailto:gym@langleyparkgolf.co.uk)

or telephone the office 020 8658 6849 option 1