

Windsor Fitness

Windsor Fitness Suite

Start the day with a brisk 45 minute workout at the Windsor Fitness Suite.

Keep toned for tennis and squash!

Our fully air-conditioned multi-level fitness suite is fitted out with an impressive array of cardiovascular machines, cycling machines, rowing machines, treadmills, climbers, weights machines, free weights, core stability equipment, mirrors, chilled water coolers, televisions & streamed music.

Qualified Instructors, sports massage therapists and individual fitness regimes are available to all members.

Telephone or email Windsor Reception to get more details on the Fitness suite, or to book your familiarisation course.

Open from 7am to cater for those early-riser exercise fiends!