

**COWSHED**

ACTIVE + RELAX

*St. Moritz Hotel*



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## WELLNESS SPACE

Thermal facilities include a crystal steam room, high heat and Nordic sauna, experience showers, ice fountain, 12.5 m swimming pool, swim out hydro pool.

Day beds, heated loungers and relaxation spaces allow for moments of quiet reflection. Cowshed inspired and fully stocked changing rooms allow you to be ready for the day.

## THE GYM + STUDIO

State of the art life fitness equipped gym.

Our brand new intimate studio space, designed for small group sessions, offering mat pilates, yoga, core & HIIT.

Reformer pilates and personal training are also able to be booked additionally.

## OUTDOOR FITNESS

Enjoy nature's playground, a weekly run club, tennis sessions, cold water dips in the outdoor pool.

## TENNIS COURTS

Harcourt tennis court with panoramic sea views, rackets and balls available to borrow.

## OUTDOOR POOL

Heated during summer months our outdoor pool is an 18m space for lengths and lounging, a small children's pool and access to the Seaside café for post swim pizzas and salads.

Seaside Café open May- October.

## THE COWSHED SPA

The only Cowshed Spa outside the Soho House group, expertly crafted treatments by experienced therapists. Offering Cowshed, Medik8, Gel Bottle, OTO CBD & Jennifer Young treatments daily.

## COWSHED CAFÉ

Refuel pre or post workout with our newly renovated Cowshed café.

## MEMBERSHIP DISCOUNTS

- 10% off Cowshed retail products
- 10% off Hotel room bookings (Sunday - Thursday)
- 10% off Camel Ski School
- 10% off Wavehunters Surf Lessons & Boat Trips
- Discounts & advance bookings on St Moritz Events
- Membership Portal

## EXCLUSIVELY FOR RELAX + ACTIVE MEMBERS

- Welcome Gift
- Membership events and workshops
- Access to Active classes
- A bottle of birthday Champagne when dining in Shorecrest (tables 4+)
- 1 Monthly guest pass

## OPENING TIMES

Gym :	7 days a week	06:00 - 21:00
Indoor Pool :	7 days a week	06:00 - 21:00
Outdoor Pool :	7 days a week	08:30 - 20:00
Cowshed Spa :	7 days a week	10:00 - 20:00
All other facilities :	7 days a week	07:00 - 21:00



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## COWSHED RELAX MEMBERSHIP

£120 PCM | £50 JOINING FEE

- COWSHED SPA TREATMENTS
- LIFE FITNESS GYM
- WELLNESS SPACE (INDOOR POOL)
- OUTDOOR POOL
- ACTIVE CLASSES + STUDIO SPACE
- CHANGING FACILITIES
- OUTDOOR FITNESS
- TENNIS COURT
- DISCOUNTS AND MEMBERS EVENTS

## COWSHED ACTIVE MEMBERSHIP

£70 PCM | £50 JOINING FEE

- LIFE FITNESS EQUIPPED GYM
- WELLNESS SPACE (INDOOR POOL)
- OUTDOOR POOL
- ACTIVE CLASSES + STUDIO SPACE
- CHANGING FACILITIES
- OUTDOOR FITNESS
- TENNIS COURT
- DISCOUNTS AND MEMBERS EVENTS

## COWSHED ESSENTIAL MEMBERSHIP

£50 PCM

- LIFE FITNESS EQUIPPED GYM
- WELLNESS SPACE (INDOOR POOL)
- CHANGING FACILITIES



<b>MEMBERSHIP ACCESS</b>	<b>COWSHED RELAX</b>	<b>COWSHED ACTIVE</b>	<b>COWSHED ESSENTIAL</b>
Induction + PT Assessment	✓	✓	✓
Gym	✓	✓	✓
Active Classes + Studio Space	✓	✓	
Indoor Pool	✓	✓	✓
Hydrothermal Hot Tub	✓	✓	✓
High Heat Sauna, Nordic Sauna & Ice Fountain	✓	✓	✓
Crystal Steam Room	✓	✓	✓
Experience Showers	✓	✓	✓
Changing Facilities	✓	✓	✓
Outdoor Pool	✓	✓	
Outdoor Fitness	✓	✓	
Tennis Courts	✓	✓	
60 Minute Cowshed Treatment (x1 per month per adult)	✓		
10% Off Cowshed Retail Products	✓	✓	✓
10% Off Hotel Room Bookings (Sunday - Thursday)	✓	✓	✓
Membership Portal for class and pool bookings	✓	✓	✓
Member Events & Workshops	✓	✓	
Welcome gift	✓	✓	
Birthday Bottle of Champagne when dining in Shorecrest (table 4+)	✓	✓	
1 Guest Pass per Month	✓	✓	

<b>MEMBERSHIP PRICING</b>	<b>COWSHED RELAX</b>	<b>COWSHED ACTIVE</b>	<b>COWSHED ESSENTIAL</b>
<b>ANNUAL MEMBERSHIP</b> <b>Direct Debit   £50 Joining Fee</b>			
Single	£1440 (£120 pcm)	£840 (£70 pcm)	£600 (£50 pcm)
Couple (living at same address)	£1920 (£160 pcm)	£1080 (£90 pcm)	£960 (£80 pcm)
Family (2 adults & up to 3 children ages 5 - 16)	£2000 (£167 pcm)	£1200 (£100 pcm)	£1000 (£83 pcm)
<b>6 MONTH MEMBERSHIP</b> <b>Upfront Payment   £50 Joining Fee</b>			
Single	£700	£400	£300
Couple (living at same address)	£940	£500	£470
Family (2 adults & up to 3 children ages 5 - 16)	£1050	£650	£550
<b>MONTHLY MEMBERSHIP</b> <b>Subject to availability - please see the team for more information</b>			
Single	£150	£100	£55
Couple (living at same address)	£220	£180	£85
Family (2 adults & up to 3 children ages 5 - 16)	£300	£230	-
<b>RNLI &amp; EMERGENCY SERVICES ANNUAL MEMBERSHIP</b>	-	£500	£300
* Day passes are subject to availability - please see our team for more information			

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