



Dear guest

Firstly, we are very much looking forward to welcoming you to the Spa & Health Club very soon.

I am pleased to advise that we have implemented an online booking system where you are able to log in and book use of the swimming pool, fitness classes and the gym. All wet rooms and Jacuzzis are remaining closed due to regulations until further notice at this point.

Please log onto <https://east-sussex-national.reservio.com/client/login>. You will then need to create your own Log-In details that will be personal to only you. You will then be able to book the available classes, gym and pool use up to 7 days in advance. Facilities are currently limited to 1hour pool use, 1 hour in the gym and 1 hour of fitness classes.

Outside of these times, and when not having treatments you will be able to relax in our newly refurbished Spa area including a new Relaxation room and lounge restaurant.

Should you not have access to book on-line, or do not wish to create an account then please call the Health Club team where we will be happy to book you onto the sessions. The phone lines have already been super busy so please do bear with us if we do not answer immediately.

There is signage up and around the Health Club and ask that you respect the rules and procedures in place that are to protect yourself and the team. We have got a rigorous cleaning system in place but please do let the team know immediately if you see anything that you feel needs attention.

Entry to all parts of the Health Club have got sanitising stations in place and ask that you use this before entering. When using the gym and any kit, there will be additional cleaning stations and ask that you clean before and after use each time. There will also be direction signage around parts of the Health Club and we ask that you always follow it's route at all times to ensure that we comply with Government guidelines.

At any one time we are only permitted to have 11 people in each changing room. This is not pre bookable so please bear with the team as this may be busy at times.

Kind regards

Steven Thorne-Farrar

General Manager