



Dear Hotel Guest,

Firstly, we are very much looking forward to welcoming you to East Sussex National 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, sauna/steam rooms, fitness classes and the gym for a 1hr period each day.

All sessions must be pre booked only and can be done up to 7 days in advance only. Please log onto <https://east-sussex-national.reservio.com/client/login> (this is the only link you can use to book via). You will then need to create your own log-in details that will be personal to you only. You will then be able to book the available classes, gym, sauna/steam room and pool use up to 7 days in advance.

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 online, 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. We are experiencing a high level of demand to book sessions, so please do bear with us if we do not answer immediately.

We ask that when using the gym or fitness classes that you arrive in your gym kit and shower/change in your bedroom. If you are using the swimming pool then please be advised that the changing rooms only have space for 11 people at this moment so there may be a wait to use the changing facilities if you do not wish to walk back to your room to change afterwards.

We ask that you respect the rules and procedures in place that are there 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 sanitising stations in place and we ask that you use these before entering.

There are additional cleaning stations in the gym, and we ask that you use these to clean the equipment before and after each use. There is also direction signage around parts of the Health Club, and we ask that you always follow this 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