



## Sproston Manor, a Marriott Hotel and Country Club Leisure Club Information

Tropical Style Swimming Pool (13m x 13m)

Jacuzzi

Sauna

Steam Room

Fully Equipped Gymnasium

La Fontana Beauty Salon

Results, enjoyment and personal attention are the focus at Marriott and we can provide you with:

Fitness Induction

Personal advice.

Nutritional Advice

Swimming Lessons

Coaching & Motivation

Private Member Benefits