

# La Villette

## Hotel & Leisure Suite

St. Martin, Guernsey, Channel Islands GY4 6QG  
Telephone:01481 235292Facsimile:01481 237699  
E-mail:reservations@lavillettehotel.co.uk  
Website:www.lavillettehotel.co.uk  
Guernsey Tourism☆☆☆ **AA**☆☆☆

### **A Warm Welcome to La Villette Leisure Suite**

*La Villette Leisure Suite is an exclusive health and fitness club located in St Martins situated within La Villette Hotel.*

*We provide a safe and friendly environment for every member.*

*The Gym, swimming pool area and changing rooms can only be entered by members & residents using their individually issued security entry card.*

### **Gym or Swim**

*The fitness area is well equipped with cardiovascular machines and fixed resistance or free weight facilities. The swimming pool measures 50 feet in length and has resistance jets to provide a more challenging swim. At the poolside you can relax in your robe or in one of our two Jacuzzis or in one of our two Steam rooms.*



### **Qualified Personal Trainer**

*Whatever your fitness aims you can be confident that our friendly fully qualified personal trainer will be available by appointment to look after your individual requirements, to give you motivation to keep you going and improve your fitness from the person just starting out to the more advanced fitness fanatic, we can create a personalized programme to help you to be more effective in your work-outs to achieve your goal.*

### **Relaxation Lounge**

*Hot & Cold drinks are served in the relaxation lounge where you can sit back and read the daily newspapers or magazines. Also situated off the lounge are two Solariums where block sessions can be purchased at a reduced rate.*

*All the above facilities are completely wheel chair accessible.*

*Open seven days a week from 06.00 – 21.00 (last entry 20.30)*

*Please feel free to contact us for any further information.*