



There's never been a better time to get into shape to achieve an improved, healthier you, with our state-of-the-art gym and pool facilities.

Our gym has everything you need to reach your fitness goals, from the latest CV and resistance equipment, to our free weights section. Whether you are an avid gym goer or new to fitness, our gym facilities are designed with you in mind.

Our pool area, complete with fibre optic mood lighting, creates a relaxing and calming environment. The heated indoor pool, sauna, steam room and jacuzzi complement the excellent gym facilities at The Old Mill Hotel and Leisure Club.

Facilities include:

- Computerised, air-conditioned gymnasium with high tech equipment, including our vibration workout machine
- Personalised fitness programme created for you by our qualified, professional instructors
- Indoor heated pool with mood lighting
- Sauna
- Steam room
- Whirlpool spa jacuzzi



BEST WESTERN
OLD MILL
HOTEL & LEISURE CLUB

SPRINGWOOD, RAMSBOTTOM, BURY BL0 9DS.

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www.lavenderhotels.co.uk/the-old-mill/leisure-club-and-spa