

fitness centre



S A X O N

HOTEL, VILLAS AND SPA

SOUTH AFRICA

The Saxon Fitness Centre

For the leisure or business traveller, the Saxon Fitness Centre is available 24 hours a day to continue your health and fitness routine. The Fitness Centre, located adjacent to the koi pond, offers state-of-the-art equipment. Our resident exercise science practitioner is available for one-on-one sessions, which can be arranged at your convenience.

The Fitness Centre offers our guests individualised fitness treatments and personal training sessions, which can be booked through the Spa.

Post-flight Stretch

30 min
R400

Due to the effects of travel (flying, foreign beds) the body will reduce in flexibility and wellness. Whilst some massage (such as deep tissue) is often used to alleviate the strain of travelling on the body, this guided and assisted stretching session with our exercise science practitioner aims to increase flexibility, raise energy levels and improve overall wellbeing. An ideal option after a long journey, the Post-flight Stretch is highly effective in reducing muscular discomfort.

Fitness Therapy

45 / 60 / 75 min
R600 / R700 / R800

A bespoke fitness experience with our resident exercise science practitioner - a personalised balance of cardiovascular, resistance and flexibility work to ensure optimal physical wellness for all levels of fitness.

This therapy is particularly beneficial for travellers before or after long flights and for maintenance of ongoing fitness programmes.

Wellness Journey

Enjoy either a Sport or Swedish massage to follow your Fitness Therapy, available in the Spa. For our Villa guests, the option of having your massage in your Villa Treatment Room is also possible, subject to availability. Advance bookings are essential.

45 min Fitness Therapy and 1 hour massage	R1 460
60 min Fitness Therapy and 1 hour massage	R1 560
75 min Fitness Therapy and 1 hour massage	R1 660
45 min Fitness Therapy and 90 min massage	R1 940
60 min Fitness Therapy and 90 min massage	R2 040
75 min Fitness Therapy and 90 min massage	R2 140

