



THE GYM

Whether you're looking for a quiet solo session or guidance from an experienced personal trainer, the gym at COMO Metropolitan London has all the facilities needed to make your workout an effective one. With top-of-the-range cardio machines, Wattbikes and more, you can concentrate fully on exercise in our intimate space.

PRICE LIST

One Month	Three Months	Six Months	Twelve Months
£175	£495	£930	£1,740

Supplement for personal trainer – please speak to the team for the rates

BENEFITS

	One Month	Three Months	Six Months	Twelve Months
Access to the gym	✓	✓	✓	✓
Access to facilities (lockers and steam room)	✓	✓	✓	✓
Complimentary COMO Shambhala treatment		30-minute	45-minute	60-minute for you and a friend
COMO Shambhala Treatments	10 per cent off	10 per cent off	15 per cent off	20 per cent off
COMO Shambhala products	10 per cent off	10 per cent off	15 per cent off	20 per cent off
COMO Shambhala Cuisine takeaway	10 per cent off	10 per cent off	15 per cent off	20 per cent off



EXPERTS

We have a variety of personal trainers and yoga instructors to assist with your workout.

Simon Flannery

With 20 years of experience, Simon's holistic approach to fitness incorporates nutrition and massage therapy.

Lyndon Littlefair

Using the Whole Body MOT, Lyndon gains a deep understanding of your exercise requirements to design your best workout.

Jane Robertson

Jane is an experienced yoga teacher, leading Hatha, Ashtanga, Vinyasa flow and pregnancy yoga classes.

Kelly Brooks

Kelly is a multi-style yoga teacher who draws on elements of hatha, Vinyasa flow, restorative, Yin and yoga Nidra. Our yoga teachers are available for private tuition at COMO Shambhala Urban Escape.

FACILITIES

- Male and female changing rooms
- Chroma steam rooms
- Lockers and showers, robes and slippers
- COMO Shambhala amenities
- Towels and bottled mineral water
- Individual entertainment system with headphones (six channels covering news, sports, music and entertainment)

FITNESS EQUIPMENT

- Three Life Fitness treadmills
- Two Life Fitness cross trainers
- One Life Fitness FlexStrider
- Two Wattbikes
- Two Life Fitness bikes
- Concept II rowing machine
- Life Fitness dual adjustable pulley (cable crossover machine)
- Technogym Unica (multi-gym)
- Technogym Smith machine
- Dumbbells, free weights and kettlebells
- Benches
- Stretch mats and yoga mats
- Fitness balls, medicine balls, Life Fitness Core Bags
- Plyometric boxes
- TRX suspension system, ViPR

TERMS AND CONDITIONS

Gym Membership payment: All membership fees must be paid upfront. Personal trainers are charged in addition to the gym membership fee.

Corporate Gym Membership: Please speak to us to create a bespoke annual membership structure for your company.

Membership prices are subject to prevailing government taxes and service charges.

To make an appointment, please contact:

COMO Shambhala Urban Escape, London

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