

HOAR CROSS HALL UNDERGOES GYM AND FITNESS OVERHAUL WITH £150,000 INVESTMENT AND CONSULTANT PARTNERSHIP

Barons Eden, the luxury hotel and spa group, has invested £150,000 into refurbishing the gym and modernising the fitness offering at its Staffordshire property, Hoar Cross Hall Hotel and Spa.

As part of the renovations, the guest experience has been optimised and streamlined, with the addition of functional fitness equipment to support new classes, the introduction of durable impact resistant flooring, and a dedicated leisure desk at the spa reception. Further elements of the interior have also been updated to increase space and security as well as enhance the class environment.

Designed to introduce a more modern approach to group fitness at Hoar Cross Hall, in-line with current trends, a new programme of fitness classes has been developed by renowned master trainer and consultant, James Golden. With over 20 years' experience in the industry, James has worked with a number of high-profile clients throughout his career, including George Michael and a member of Coldplay.

Launched at the beginning of May, the new group fitness programme has seen the introduction of a range of classes, including Reformer Pilates, TBT, Tabata and new concept classes exclusive to the Barons Eden group, LIFT and Hybrid. These classes sit alongside the classics of Yoga, Fitness Pilates, and Ride to form a balanced class timetable.

Barons Eden Director, Edward Law, said, "This investment has allowed us to modernise our health and fitness offering at Hoar Cross Hall, and we are thrilled to be able to offer our guests a new range of innovative fitness classes. We'd like to extend a huge thank you to James Golden, who has played an integral role in developing our group fitness programme and his experience has been invaluable; he has a wealth of knowledge and expertise and we know our members are going to reap the benefits.

"We are committed to helping our guests improve their health and wellbeing, and as part of this are always seeking new ways to develop our offering. We are delighted with the outcome of this investment."

To find out more about Hoar Cross Hall's new fitness programme, please visit the [website](#).

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For further information please contact:

Fleet Street Communications

BaronsEden@fsc.uk.com

Notes to editors

Reformer Pilates

This workout helps to create internal pressure on the spine, joints and muscle to improve flexibility, strength and create a more balanced posture.

TBT

A 30-minute class designed to release tension, improve circulation, and help promote muscle movement. This workout uses a trigger point roller and massage ball, to reduce risk of pain developing in your body.

Tabata

A 30-minute blast using only your own body weight, TABATA training will energise you in an action-packed workout designed to optimise fat burning through classic interval training. A maximum of 6 people per class to ensure total concentration.

About Barons Eden

Barons Eden is a group of luxury spa and hotel retreats for relaxing, reconnecting and indulging that includes Hoar Cross Hall and Eden Hall.

Hoar Cross Hall Spa Hotel is a spa retreat within rural Staffordshire spanning across 185,000sqft where guests can experience pamper days, weekend trips and staycations.

Eden Hall Day Spa is an award-winning day spa set in the heart of Nottinghamshire offering luxury treatments, state-of-the-art facilities. Eden Hall and Hoar Cross Hall are two of the largest spas in Europe.

Barons Eden has a growing portfolio of spa and hotel destinations, owned by five like-minded partners who all share a passion for creating unforgettable luxury experiences. The team focus on providing individuality, flare and operational excellence to each venue.

Hoar Cross Hall has recently completed a renovation including a refurbishment of 104 bedrooms and has been nominated for “Best Day Spa” in The Good Spa Guide Awards 2021 as well as “Large Spa of the Year” in the Professional Beauty Awards 2021.