



THE GOODWOOD HEALTH CLUB

‘Gold Medal winner, Sarah Ayton, inspiring people to get fitter’

July 2016

Sussex based Olympic sailing champion, Sarah Ayton has joined forces with The Goodwood Health Club as the first ever ambassador to promote Health and Wellbeing for its members.

Sarah and her team won gold in the sailing at the 2004 Summer Olympics in Athens, and another in the 2008 Summer Olympics in Beijing. Even though now retired from sailing professionally, Sarah is continuously motivated in keeping up a healthy and balanced lifestyle which fits around her young family.

Located within The Goodwood Hotel, The Goodwood Health Club has all the advanced gym equipment, fitness classes and personal trainers to help you reach your personal goals. The Health Club also provides the perfect environment for relaxing, whether it’s by the pool or in the Jacuzzi, sauna or steam room.

Goodwood’s Health Club and Spa Manager, Jen Evans-Brewer says “We are thrilled to welcome the remarkably talented, double Olympic gold medallist, Sarah Ayton to The Goodwood team. Sarah joins as our Health Club Ambassador, to inspire and educate members, staff and guests. Her drive for perfection, both in sport and motherhood, along with her daring personality and sheer love of life, encompasses all that is Goodwood. This is an exciting venture for us and we look forward to this glorious partnership.”

Sarah Ayton says “I’m delighted to be announcing my partnership with The Goodwood Health Club. The superb facilities provide the perfect opportunity to progress and maintain an extensive all round fitness program whilst balancing time together with my children in the pool or on the tennis courts.”

To arrange a tour or speak to a member of the team about Membership to The Goodwood Health Club you can call 01243 520114 or email healthclub@goodwood.com

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Editors Notes

For more information on Goodwood please visit the website:

<https://www.goodwood.com/>

Details of The Goodwood Health Club membership:

As a Member of The Goodwood Health Club you'll have all the facilities you will ever need to improve or maintain your fitness levels, meet friends, relax or join in one of our many exercise classes from as little as £67.50 per month.

Media Centre:

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Username: g00dw00d

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