



Middleton Hall Retirement Village offers a limited number of flexible, no contract, monthly memberships* of its exclusive Health & Wellbeing Centre facilities

We are open seven days a week and members enjoy a range of benefits including:

- Swimming pool
- Jacuzzi
- Air-conditioned gym and studio
- Friendly team of qualified personal trainers
- Personal health and wellbeing check
- Exercise and aqua classes
- Clean and safe environment
- Resident-run library
- The Orangery bistro and restaurant evenings
- Outdoor sports facilities including golf putting green, boules pitch, bowling green
- Woodland walks around the Middleton Hall estate

Membership also offers access to:

- Beauty and therapy treatments
- Hairdressing salon



IMPROVE YOUR HEALTH, WELLBEING AND FITNESS



EXCLUSIVE MEMBERSHIP PACKAGES AVAILABLE


MIDDLETON HALL
RETIREMENT VILLAGE
HEALTH & WELLBEING CENTRE

www.mhrv.co.uk



Get in touch for more information and to arrange a no-obligation tour of the Health & Wellbeing Centre facilities.

Contact the team on
01325 332207 or email
wellbeing@mhrv.co.uk

Middleton Hall Retirement Village,
Middleton St George,
Darlington, DL2 1HA

An Employee Owned Business

LOCATED AT THE HEART OF THE AWARD-WINNING
45-ACRE MIDDLETON HALL RETIREMENT VILLAGE ESTATE

*Subject to terms and conditions



OPENING HOURS



Last entry for both gym and pool is 45 minutes before closing



Pool closed for assisted swimming



Aqua class Gym open



Open to: Independent Residents



Open to: Independent Residents, Members and Co-owners



Closed