



- Member Discounts
- Group Classes
- Personal Trainer
- Functional Equipment
- Free Parking
- Simply Hair Salon
- Shower Facilities
- On-site Restaurants
- Access to Sauna
- 24h Security
- Free WiFi
- Camelot Spa

Get fit with LBH Active at Lagoon Beach Hotel!

Enjoy modern facilities, personal training, group classes, and exclusive member perks — from free parking and Wi-Fi to sauna access and our heated pool.

Flexible memberships

Start from just R450/month.

Sign up for your new membership and enjoy a complimentary drinks voucher to redeem at La Mizu Coastal Japanese — the perfect way to toast your fitness journey by the sea!

*Train smart, stay strong,
and feel your best by the beach!*

Open Hours:

Daily from 5 am to 8 pm

Day Access Exclusive to Hotel Guests!

Purchase your LBH Active day access voucher at the Lagoon Beach Hotel Front Desk for just R50 per day and enjoy full access and use of our state-of-the-art gym equipment, under the guidance of our dedicated fitness trainer – available to hotel guests only.

**SCAN HERE TO
LEARN MORE:**



All prices include VAT.

Available exclusively at Lagoon Beach Hotel.

Terms & Conditions Apply.