



- 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

PRICING:

Day Access

Day Access R50 Once-off
(Exclusive to Hotel Guests)

Membership Packages

Admin Fee	R350 Once-off	
12 Months	R450/month	D/O
6 Months	R600/month	D/O
3 Months	R2500	
1 Month	R1000	

Personal Training Sessions

1 Session	R450	45min
5 Sessions	R350 p/session	45min
12 Sessions	R300 p/session	45min

Assessments & Nutrition

Fitness Assessment	R450
Custom Meal Plan	R550

Group Classes (Non-Members)

Per Person	R150 p/class	45min
10-Class Pack	R350 p/session	45min

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.*