Welcome to Lanserhof at The Arts Club.

The Arts Club and Lanserhof are thrilled to be joining forces to help you lead a more vital and energetic life with a compelling new approach to a healthier lifestyle.

This unique new medical fitness club is the first of its kind in London, offering unparalleled levels of expertise, research and support as you embark upon a journey to transform your fitness and optimise health for the long-term. With a specific focus on preventative medicine, state of the art medical diagnostics and highly developed training methods, Lanserhof at The Arts Club will enable you to move better, improve your resilience and enrich your life holistically. It will change the way you train forever.

Read on to learn more about this remarkable facility, and we will look forward to assisting with any enquiries you might have.

Yours sincerely,

Dr. Christian Harisch
CEO
Lanserhof Group

Alice Chadwyck-Healey
Executive Director
The Arts Club

“The world’s leading medical gym opens in London”

Harper’s BAZAAR
LANSERHOF & THE ARTS CLUB
JOIN FORCES

THE ARTS CLUB LONDON

The Arts Club is a London private members club founded in 1863 by, amongst others, Charles Dickens, Anthony Trollope, and Lord Leighton in Dover Street, Mayfair. It remains a meeting place for those involved in the creative arts either professionally or as patrons.

LANSERHOF

Lanserhof is a globally renowned brand in the field of innovative, vital medicine.

Over the years, it has developed from a small Austrian holiday hotel into a unique health concept: THE LANS MED CONCEPT. This combines the intelligent symbiosis of state-of-the-art medicine, naturopathy and other therapy methods with the comfort and service of a luxury hotel.

The Lanserhof team regenerates guests holistically - on the levels of body, mind and soul - to inspire them with a new health awareness. It's an award-winning approach that has earned Lanserhof Resorts its reputation as the world's most modern health resort.
Lanserhof at The Arts Club offers Members an unrivalled approach to physical fitness. We combine detailed medical assessment with a first-of-its-kind training system so that your exercise plan is personal, ever-evolving and designed to keep pain and injury at bay.

New Members benefit from two doctor consultations plus functional diagnostics, using the latest technologies, to ensure training is efficient and targeted to the idiosyncrasies of each person’s body. Our team of medics, sports scientists, trainers and therapists, all directed by Lanserhof’s multi-award-winning team, is always here to guide you.
GYM 2.0 - THE NEW ERA OF TRAINING

Our highly individualised training method introduces a paradigm shift in the way you exercise.

The revolutionary technology behind the Technogym equipment not only makes your individual plan easy to follow, but by simply logging in, it also continually tracks your results. The machine consequently responds in line with your performance and goals so you get an optimal workout, free from injury, every time.

Once your personal trainer has set up the machines, working every muscle group in the body, the loads, resistance levels, speed and range of motion - even seat height and positioning - can adapt in real time alongside you.

With six different ways to use each of the machines, your training is immediately easy and flexible. Our trainers ensure you have a truly interdisciplinary, integrative approach to mastering your fitness goals, with emphasis on a range of methods, such as fascia work, functional and cardiovascular training, plus a focus on injury prevention, and even exercise for specific muscles and tendons, should you need this.

With our expert training support and the revolutionary science behind Technogym’s newest equipment, you will change the way you exercise forever.

You can also supplement your gym sessions with small group or individual classes including Pilates, yoga and many more.
MEDICAL CONSULTATIONS

You begin your fitness journey with complimentary consultations with two different doctors to assess your current state of health. Your general medical and orthopaedic specialists then decide together which diagnostic testing will give the most precise picture of your physical body, so you can meet its needs and your future goals.

We believe a successful training strategy relies on understanding your physical condition before you embark. Knowledge is key to avoiding injury and optimising your time spent in the gym.
INTERNAL HEALTH ASSESSMENT

A cardiovascular screening is vital for deciding your optimum type and level of cardio training. Our experts perform an initial ECG (electrocardiogram) to measure heart activity during exercise.

Our doctors use blood analysis to offer personalised nutritional advice for your particular metabolism, with further micronutrient analysis for the recommendation of vitamin and mineral supplements. We also use ultrasound for measuring cardio pulmonary function.

This sophisticated level of health screening affords all Members true insight into their physical condition and the ability to closely monitor progress.

MRI
BODY COMPOSITION ANALYSIS

We are proud to offer the most comprehensive MRI (magnetic resonance imaging) facility available anywhere. This six-minute scan gives a detailed picture of water and fat composition within the body. For example, it precisely reveals visceral fat deposits even on those who have a slim figure. Your MRI results form the structure of your overall plan.
Our specialist MOVEMENT LAB uses a 3D camera to assess the organisation and kinetic function of your body while walking on a treadmill. This accurate method for detecting any locomotive or muscular imbalance allows us to tailor your exercise plan to redress the issues - however small - and prevent future pain and injury.

Our SPINE LAB uses a different, high-end technology originally from aerospace training, to give an exact image of your spine, in terms of mobility and curvature, which helps us add the right postural exercises to your plan. This is an especially important diagnostic for those suffering from back pain.
CRYOTHERAPY CHAMBER

Our medical-grade, whole body cryotherapy chamber has multiple health benefits. There is much documented evidence for its positive effects on pain relief and muscle recovery due to the extremely cold temperatures that constrict blood vessels and reduce flow to areas of inflammation.

As well as supporting physical training with faster regeneration post exercise, trials also show that sessions in our cryotherapy chamber add to overall feelings of wellbeing such as improved sleep and less stress and anxiety, thanks to a drop in heart rate and an increase in oxygen.

A series of cryotherapy sessions is medically proven to improve the condition of the skin and reduce the symptoms of eczema.

Our two-chamber cryotherapy system of different temperatures, -60 and -110 degrees Celsius, allows your body to adapt to the increasing cold. Sessions, wearing just socks, gloves and underwear, last 3 minutes. A course in quick succession is recommended for the best results.
ADDITIONAL SERVICES

We offer Members a range of therapies that specifically complement athletic training, such as physiotherapy, osteopathy, massage, spiroergometry (measuring heart and lung performance during exercise) and vitamin and mineral infusions.

Our physicians are on hand for consultations, assessments and screenings. We can also check your nutritional metabolism and offer dietary advice to meet your objectives: weight loss, endurance, muscle strength or sustained energy.

Members can also benefit from our exclusive butler service; simply keep a set of training clothes at the Club, and we can have them ready in a locker for you ahead of your training session. We’ll then take care of the laundering for you afterwards, so you can train spontaneously at any given time.
MEMBERS’ LOUNGE

Our Members’ Lounge nods to the Lanserhof philosophy of ‘energy cuisine’, with a nutritional approach designed to both lessen the effects of stress in daily, city living and achieve higher levels of energy. This comes from a carefully balanced menu, focussing on organic, local and seasonal produce, blended in dishes that are high in anti-oxidants, vitamin levels and micronutrients.

As a result, meals can revive body functions, aid digestive health and, along with exercise, replace fat with muscle tissue.

Our overall specialism is to combine vibrant health with culinary delight, serving food for the health conscious who also enjoy the pleasure of eating.

The Members’ Lounge is open only to our Members. It’s an exclusive escape from the bustle of city life, filled with natural light from large windows and comfortable sofas, chairs and tables. This space has a quiet glamour and serene atmosphere.
### MEMBERSHIP

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<th>JOINING FEE*</th>
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**YOUR MEMBERSHIP INCLUDES:**

In the first year of your membership you will receive an extensive set of assessments, consultations and benefits upon joining, including:

- Initial screening with a nurse
- Induction to highly specialised gym equipment
- A consultation with the medical doctor
- A consultation with the orthopaedic doctor
- One MRI Body Composition Analysis
- One cardiovascular screening (spiroergometry, stress ECG)
- One functional diagnostic assessment in the Movement Lab or Spine Lab
- A bespoke training plan, complete with micro-chip technology which loads your programme onto the gym equipment, ensuring your individual settings on selected machines
- Unlimited inclusive small group training classes - including yoga, fascial training, Pilates, functional training
- Exclusive access to the Members’ Lounge

*If you are already a Member of The Arts Club, the joining fee does not apply. Rates applicable from January 2019. VAT is included and charged at the current rate. This package is subject to change at the discretion of the club.

To request an application form please email us on lanserhof@theartsclub.co.uk or telephone +44 (0)20 3967 6969
CONTACT

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