

# frolic in the forrest

## recreation facilities

If you would like to use a gym or swimming pool during your stay at the Forrest Hotel and Apartments, you can enjoy casual entry to leisure facilities at Rydges Capital Hill Hotel, located two minutes away on the corner of Canberra Avenue and National Cct.

- **\$ 12.00** Gym, fitness/aqua class, pool, spa & sauna  
(Must be over 16yrs to train in gym)
- **\$ 8.00** Pool, spa & sauna (Adult)
- **\$ 3.50** Pool, spa & sauna (Child)
- Discounted rates for families.

### **Health Club Opening Hours:**

Monday to Friday 6am – 8pm

Saturday 8am – 8pm

Sunday 8am – 4pm

(Restricted hours on Public Holidays)

Please ask for directions from our staff at reception.



 **forrest**  
HOTEL AND APARTMENTS

30 National Circuit

Forrest ACT 2603

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[www.forrethotel.com](http://www.forrethotel.com)