

memberships

WHAT WE OFFER

- Fully Air Conditioned, Spacious Gymnasium with Integrated Sound System and Flat Screen TV's
- Top of the range Life fitness Cardio and Resistance Equipment plus Concept 2 Rowing
- Innovative Synergy 360 Multifunctional Rig
- Designated Free Weights area with Squat Rack and Olympic Lifting Platform
- Bespoke 13 Metre Indoor Sled and Sprint Track
- Concept 2 Rowing machines and Ski Ergs
- 12 bike Indoor Cycling Studio with Life Fitness ICG 6 bikes
- Large Mirrored Studio for Yoga, Pilates and HIIT Classes
- Fitted Changing Rooms with Secure Lockers, Large Assisted Change Area, Private Shower and Change Cubicles.
- 17 Metre Swimming Pool, Steam Room, Sauna and Spa Pool.
- Classes include Yoga, Pilates, Fight Hub, Abs Blast, Body Blitz, Indoor Cycling and Synergise Circuits.
- Club App for Booking Classes, Planning Workouts, Collecting Points to Exchange for Rewards, Interacting with other Club Users and Tracking your Workouts.
- Complimentary 6 Weekly Sessions available to Gym Members for Programme Updates

SWIM MEMBERSHIPS

This membership is ideal for those who love a relaxing swim or want to get fit using the resistance of water, it is also perfect for rehabilitating injuries and getting back to fitness post surgery. AquaFit classes are included in Swim Only Memberships.

GYM MEMBERSHIPS

Make use of the Gym facilities and take part in the energising circuit training classes, Synergise, on our Multifunctional Rig. You will also benefit from complimentary 6 weekly sessions with a Personal Trainer where you can review your goals and get a bespoke programme to help achieve your goals.

CLASS MEMBERSHIPS

Join any of our classes including AquaFit and Synergise, all hosted by experts within their field. From Yoga and Pilates to Indoor Cycling and Abs Blast, we have a class to suit all ages, abilities and needs.



ALL SAINTS
HOTEL, GOLF & SPA

Join via our website OR call The Health Hub
on 01284 706 777 ext. 5

healthhub@allsaintshotel.com
www.allsaintshotel.com

ALL YOU NEED TO KNOW ABOUT MEMBERSHIIPS

- All rolling monthly memberships are subject to a £25.00 joining fee
- Single monthly memberships are a rolling monthly contract and can be cancelled with 30 days notice to the club
- Memberships with a 12 month contract will automatically become a rolling contract at the end of contract term
- Memberships can be frozen if you are away for an extended period of time
 - Monthly memberships can be frozen at a cost of just £2 per week per person
 - Annual memberships can be frozen at no cost
 - Memberships can be frozen for up to 90 days in any 12 month period
 - Each freeze must be a minimum of 14 days
 - Joint memberships must be frozen together
- You can bring a guest with you for just £8.50 per guest per visit - they will be able to use all facilities for the duration of your visist, including some classes
- Annual members reciev a privilege card which entitles them to bring 5 guests free of charge within their 12 month membership
- Monthly members will recieve 10% off in The View Restaurant and Health Hub Spa
- Our App, Fitsense, checks you in, allows you to book and manage your classes, keeps you in touch with other members and earns you points for each visit and activity. These points can be exchanged for various rewards offered by the club and associated businesses.
- Gym members are required to undertake a 15 minute induction prior to using the facility where you will be shown the equipment and how to use it safely
- Members are encouraged to take advantage of our 6 weeklly, complimentary, member review. This lasts for 45 minutes and will be personalised to your goals, giving you a programme to work to over the next 6 week period
- If you refer a friend, colleauge or family member you will be entitles to a £1.00 discount for each member for each month they remain at the Health Hub, you will also earn 300 FitSense points per person referred
- Towels can be hired from reception for just £1.00

HOW TO JOIN

STEP 1

Choose between Peak and Off Peak times

STEP 2

Build your bundle – Choose either 1, 2 or 3 areas of the club and only pay for what you use. Choose from Studio Classes, Pool and/or Gym to build the membership package that works for you.

STEP 3

Decide how you would like to pay – we offer monthly direct debit options or annual payment deals.

There is also a great joint membership option so you can join with your partner to receive further discount.

CANCELLATION & REFUND POLICY

All our memberships and personal training packages are subject to a 14 day refund policy. No refunds will be granted outside of this period. Class cancellations within 24 hours and no shows will be subject to full payment. For membership cancellation policy please see individual membership contracts.



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monthly memberships

12 MONTH CONTRACT - NO JOINING FEE

	SINGLE <i>Gym, Swim OR Classes</i>	DOUBLE <i>Gym and Swim OR Gym and Classes OR Swim and Classes</i>	TRIPLE <i>Gym, Swim AND Classes</i>	ACCESS TIMES
PEAK	£43.00	£47.50	£52.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
PEAK JOINT	£70.00	£80.00	£90.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
OFF PEAK	£30.50	£34.50	£38.00	Monday - Friday 9am - 5pm
OFF PEAK JOINT	£51.50	£59.50	£67.50	Monday - Friday 9am - 5pm
LONG WEEKEND	£30.50	£34.50	£38.00	Midday Friday - Midday Monday
LONG WEEKEND JOINT	£51.50	£59.50	£67.50	Midday Friday - Midday Monday



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monthly memberships

NO CONTRACT - £25.00 JOINING FEE

	SINGLE <i>Gym, Swim OR Classes</i>	DOUBLE <i>Gym and Swim OR Gym and Classes OR Swim and Classes</i>	TRIPLE <i>Gym, Swim AND Classes</i>	ACCESS TIMES
PEAK	£45.00	£50.00	£55.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
OFF PEAK	£32.00	£36.00	£40.00	Monday - Friday 9am - 5pm
LONG WEEKEND	£32.00	£36.00	£40.00	Midday Friday - Midday Monday



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annual memberships

	SINGLE <i>Gym, Swim OR Classes</i>	DOUBLE <i>Gym and Swim OR Gym and Classes OR Swim and Classes</i>	TRIPLE <i>Gym, Swim AND Classes</i>	ACCESS TIMES
PEAK	£495.00	£550.00	£605.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
PEAK JOINT	£770.00	£880.00	£990.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
OFF PEAK	£352.00	£396.00	£440.00	Monday - Friday 9am - 5pm
OFF PEAK JOINT	£566.50	£654.50	£742.00	Monday - Friday 9am - 5pm
LONG WEEKEND	£352.00	£396.00	£440.00	Midday Friday - Midday Monday
LONG WEEKEND JOINT	£566.50	£654.50	£742.50	Midday Friday - Midday Monday



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