

# Welcome To Wellness



## Our Memberships

Peak : Anytime / Off-Peak : Mon - Fri, 7am - 9pm

1

### Gym

If you like turning up the tunes and going solo this is the membership for you. This membership gives you access to the gym, pool and thermal rooms.

Peak : £40

Off-Peak : £30

Child : £10

2

### Wellness

If keeping well and active is your thing the wellness membership is for you. It has everything the Gym Membership has to offer plus monthly personal exercise advise, access to all our new lifestyle classes : Aqua Aerobics and Yoga and much more!

Peak : £50

Off-Peak : £40

3

### Fitness

Calling all the hardcore heroes, if you love going at it hard, or have a specific fitness goal this is the membership for you. It includes all classes plus an hour personal training per month.

Peak : £60

Off-Peak : £50

4

## Spa Wellness

Taking wellness to another level. This membership includes everything in the Wellness Membership plus a monthly express Spa treatment to keep you looking and feeling great. Complementary towels included.

Peak : £70

Off-Peak : £60

5

## Spa Fitness

The ultimate membership!

Includes everything included in the Fitness Membership plus a monthly express Spa treatment because with all that hard work you deserve a little pampering, right! Complementary towels included.

Peak : £80

Off-Peak : £70

