

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 machines and Ski Ergs
- Innovative Synergy 360 Multifunctional Rig
- Designated Free Weights area with Squat Rack and Olympic Lifting Platform
- Bespoke 13 Metre Indoor Sled and Sprint Track
- 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.
- Relaxation room with 6 heated lounge beds and outdoor hot tub.
- Classes include Yoga, Pilates, Fight Hub, Abs Blast, Body Blitz, Indoor Cycling, Synergise Circuits and Les Mills Body Pump.
- 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
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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	£45.00	£50.00	£55.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
PEAK JOINT	£74.00	£84.00	£95.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
OFF PEAK	£32.00	£36.00	£40.00	Monday - Friday 9am - 5pm
OFF PEAK JOINT	£54.00	£62.00	£71.00	Monday - Friday 9am - 5pm
LONG WEEKEND	£32.00	£36.00	£40.00	Midday Friday - Midday Monday
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monthly memberships

NO CONTRACT - £30.00 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	£47.00	£53.00	£58.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
OFF PEAK	£34.00	£38.00	£42.00	Monday - Friday 9am - 5pm
LONG WEEKEND	£34.00	£38.00	£42.00	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	£520.00	£578.00	£635.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
PEAK JOINT	£809.00	£924.00	£1,040.00	Monday - Friday 6.30am - 9.30pm Weekends & Bank Holidays 7.30am - 8pm
OFF PEAK	£370.00	£416.00	£462.00	Monday - Friday 9am - 5pm
OFF PEAK JOINT	£595.00	£687.00	£779.00	Monday - Friday 9am - 5pm
LONG WEEKEND	£370.00	£416.00	£462.00	Midday Friday - Midday Monday
LONG WEEKEND JOINT	£595.00	£687.00	£779.00	Midday Friday - Midday Monday



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