

## ***revive* - Everything You Need To Get Going!**

How often have you heard of stories of people joining clubs and then being left with very little support or advice? Our promise is that it won't happen here.

When you join *revive* we will give you on-going support to help you achieve your fitness goals. These maybe looking for a heart conditioning workout, a new body shape with improved muscle tone or enhanced strength for a particular sporting activity. Our gym team will meet with you regularly and help you to understand the benefits of exercise and nutrition through a personalised exercise plan.

We believe the path to lasting health and fitness depends on finding the right lifestyle balance. *Revive* Health Club & Spa is able to:

- look after all your physical training needs
- provide you with a place to relax and unwind around the pool area
- Deliver the very best in affordable, luxurious beauty treatments.

If you would like further details or would like to arrange a free day's trial please contact our *Revive* team on 01527 571957.

Ross Adams  
Manager, *Revive* Health Club & Spa

## **revive Health Club and Spa Membership Tariffs**

### **Peak Memberships**

	Individual	Joint	Child 6 – 15yrs	Child 0 – 5yrs	Family	Full Time Student
Joining Fee	£50.00	£100.00	FOC	FOC	£100.00	£35.00
Monthly Subscription	£51.00	£82.00	£15.50	FOC	£101.50	£30.00
12 Month Contract	£45.90	£73.80	£13.95	FOC	£91.35	£27.00
Annual Subscription	£550.00	£885.00	£167.00	FOC	£1096.00	£324.00

### **Off Peak Memberships**

	Individual	Joint	Child 6 – 15yrs	Child 0- 5yrs
Joining Fee	£50.00	£100.00	FOC	FOC
Monthly Subscription	£39.00	£61.00	£15.50	FOC
12 Month Contract	£35.10	£54.90	£13.95	FOC
Annual Subscription	£421.00	£658.00	£167.00	FOC

Please ensure you have read the terms and conditions that are included in this pack prior to joining *revive* Health Club.

### **Annual Memberships**

We also sell annual memberships with an added bonus. On joining you are required to pay the joining fee and the first year's subscription on a pro rata basis. When paying for your annual membership in advance, we will give you 12 months membership for the price of 11, giving you one month's **FREE** subscription

### **Corporate Membership**

A discounted subscription can be obtained through corporate membership. If you would like further information on corporate rates please discuss this option with the Club Manager.

### **Memberships**

Please note that all memberships to the *revive* Health Club and Spa are available on a limited basis and are restricted to certain usage times depending on the type of membership you subscribe too.

## **revive Health Club Opening Hours**

### **PEAK MEMBERSHIP**

**Monday to Friday**  
6.30am – 10.00pm

**Weekend & Bank Holidays**  
7.00am – 8.00pm

### **OFF PEAK MEMBERSHIP**

**Monday to Friday**  
9.00am – 5.00pm

**Weekends**  
7.00am – 8.00pm

**Bank Holidays**  
8.00am – 8.00pm

### **CHILDREN'S SWIMMING TIMES (Children 0-15yrs)**

**Daily**  
9.00am – 12.00pm  
3.00pm – 7.30pm

**Weekend & Bank Holidays**  
8.00am – 12.00pm  
3.00pm – 6.00pm

## **revive Health Club and Spa Class Timetable**

<b>Day</b>	<b>Time</b>	<b>Class/Event</b>	<b>Intensity</b>	<b>Instructor</b>
<b>Monday</b>	7pm-8pm	Pump	All Levels Welcome	James
<b>Tuesday</b>	9:15am – 10am 7pm-8pm 8pm-8:30pm	Aqua Aerobics Circuits Abs & Core	All Levels Welcome	Lorraine James James
<b>Wednesday</b>	6:30pm – 7:15pm	Aqua Aerobics	All Levels Welcome	Lorraine
<b>Thursday</b>	6pm-6:45pm 7pm – 8pm	LBT Boxercise	All Levels Welcome	James James
<b>Friday</b>	9:15am-10am 10.15am-11am	Aqua Aerobics LBT	All Levels Welcome	Lorraine James

As there is limited availability it is advised to pre-book the above activities at reception.

If you require further information about any of the above classes please speak to any of the *revive* team.

## Frequently asked Questions and Answers

\* What do I pay when I join?

**You pay the initial joining fee and the first month's subscription.**

\* Do I pay a joining fee next year?

**No. The joining fee is a one off payment.**

\* Can I pay a year in advance?

**Yes. If you pay for a year in advance we will give you 12 months for the price of 11, giving you a month's free subscription!**

\* Can I join as a joint member with a friend?

**Yes. You can join with a friend, relative or partner.**

\* Are we tied into a contract?

**There is no annual contract. All members joining *revive* have a 10-day money back guarantee from the date of joining. If you wish to cancel your membership after the guarantee period we will require 30 days notice in writing.**

\* Can I put my membership on hold?

**Yes. If you need to put your membership on hold please refer to *revive* Health Clubs terms and conditions for full details.**

\* Can I bring a Guest to the club?

**Yes you can. The rates are as follows:  
Adult is £6.00; Child 6- 15yrs is £3.00; Child 0-5yrs is FOC**

\* Do members receive any discount on beauty treatments or in the Hotel?

**Yes, you will receive a 10% discount on all beauty treatments and 20% discount on food and liquor in the Hotel's Bar and Restaurant. (Not applicable to special events e.g. Christmas parties or Mothers Day)**

\* Do I have to pay extra for fitness assessments and programmes?

**No. All fitness assessments and programmes are included in your membership. There is also no extra cost for aqua aerobics or group fitness classes. Even if you are an off peak member you can come to any of our classes during peak times.**

## ***revive* Health Club and Spa – Recommend A Friend**

If you refer a family member, friend or work colleague who joins *revive* Health Club and Spa as our way of saying thank you we will give you:

- **One month's free membership**

To receive your complimentary gift the person you have referred must inform us during the application process that you have recommended the Club to them.

You will then be able to claim your free month's membership once the new member stays beyond the 10-day money back guarantee period. Please note that this is subject to availability.

**Don't forget** – you can refer as many new members as you wish!