

North Lakes Spa Business Tariff

1st April 2009 - 31st March 2010



Opening Times	Monday - Friday	6.30am - 9.30pm
	Saturday	7.00am - 8.00pm
	Sunday	7.00am - 8.00pm
Daytime Hours	Monday - Friday	6.30am - 4.30pm
	Saturday	7.00am - 2.00pm

Full Membership	Monthly Direct Debit	Annual Fee	Joining Fee
Single	£54.00	£648.00	£50.00
Daytime Membership	Monthly Direct Debit	Annual Fee	Joining Fee
Single	£44.00	£528.00	£50.00

Spa Facilities

- 13m deck level swimming pool with relaxation area
- Fully equipped exercise area, air-conditioned with the latest computerised Life Fitness cardio vascular and Cybex equipment - over 35 stations
 - Children's activity room with computerised games
 - Large whirlpool
- Children's splash pool
- Poolside mixed steam room
- Sauna in each changing area
 - Lounge area with selection of complimentary hot drinks, daily newspapers, magazines and satellite television
 - *Fast Tan Sunbed
 - *St Tropez tanning booth
 - Air conditioned activity studios with comprehensive range of inclusive classes

Spa Treatments

- *6 air conditioned treatment rooms
- Luxurious relaxation area
- Changing rooms
 - Open Monday-Wednesday 9.00am-7.00pm, Thursday-Friday 9.00am-9.00pm, Saturday 9.00am-7.00pm and Sunday 9.00am-5.15pm

All membership and joining fees include VAT at the current rate.
A 5% discount applies to all annual fees - subject to membership availability.

Additional Services & Benefits of Membership

- Fully qualified instructors are registered on the Register of Exercise Professionals
 - 25% off weekend breaks and food and beverage within Shire Hotels (conditions apply, please see website for more information)
 - Regular activities and social events for all ages
 - Members of Fitness Industry Association
 - *Swimming lessons
 - Nutrition consultation
 - Complimentary towel use
 - *Cholesterol testing
 - 20% off BUPA Membership
 - *Personal training
 - Complimentary lifestyle consultations & exercise programmes tailored to individual requirements
 - Use of other Shire Hotels Spas throughout the country
- *Additional charges apply

Hotel

Your membership buys you so much more than a healthy lifestyle. One of the benefits of being a Shire Hotels Spa member is that you receive exclusive discounts on weekend breaks at all the hotels. You can also enjoy the surroundings and relax in the bar or restaurant and receive 25% discount on food and drink at any Shire Hotel! So, whether it's a glass of wine with friends, a cosy supper for two, or a celebration meal to remember - why not make the most of your membership?

We'd also love to talk to you about your family celebrations, weddings, christenings and other gatherings - although your 25% discount will not automatically apply, you may be entitled to preferential rates on the event.

Guidelines of Business Membership

- A minimum of 6 employees are required to set up a Business membership.
- Business membership is available for bona fide employees of a company as declared by that company.
- New members need to provide photo identification or a utility bill on application
- All members must be named. If members subsequently leave the company, their names should be removed from the membership. Any changes can be arranged by the Spa Manager. No refunds are available.
- After the initial membership has been set up, additional members may be added for a £50 joining fee.

- Anyone who cancels their membership may rejoin subject to a £50 re-joining fee.
- Payment can be made in full or by Direct Debit.
- Payment can be made by cash, cheque, Visa or Access.
(Please note that all fees include VAT at current rate).

Guests

Members may sign in up to 2 guests at advertised rate. £12.00 per adult, Child 0-3 Free, Child 4-13 £6.00 14-18 as normal per visit (please note child usage times). Guests are allowed only one visit per calendar month. Please check Terms and Conditions for restrictions.