

# Cottons Spa Business Tariff

1st April 2010 - 31st March 2011



<b>Opening Times</b>	Monday - Friday Saturday Sunday	6.30am - 9.30pm 7.00am - 8.00pm 8.00am - 9.00pm
<b>Daytime Hours</b>	Monday - Friday Saturday	8.00am - 4.30pm 8.00am - 12noon
<b>Adult Only</b> (except Bank holidays)	Monday - Friday	6.30am - 12noon 7.00pm - 9.30pm

<b>Full Membership</b>	<b>Monthly Direct Debit</b>	<b>Annual Fee</b>	<b>Joining Fee</b>
Single	£73.00	£876.00	£50.00
<b>Daytime Membership</b>	<b>Monthly Direct Debit</b>	<b>Annual Fee</b>	<b>Joining Fee</b>
Single	£53.00	£636.00	£50.00

## Facilities

- Swimming pool 13m x 11m deck level
- Lifestyle Consultation room
- Fully equipped exercise area, air-conditioned with the latest computerised exercise equipment
- Outdoor patio area with large whirlpool
  - Large whirlpool
  - Fast tan sunbed\*
  - Children's splash pool
- 2 Floodlit outdoor tennis courts
- Poolside colour therapy sauna
  - Satellite TV lounge area
  - Poolside fibre optic steam room
- Air-conditioned activity studio with a comprehensive range of classes

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
  - Complimentary towel use
  - Complimentary fresh fruit
  - Regular activities and social events for all ages
  - Tennis coaching\*
  - Cholesterol testing\*
  - Members of Fitness Industry Association
  - Swimming lessons\*
  - Nutrition consultation
- Swimming and clothing accessories available to purchase
- Personal training\*
- Complimentary lifestyle consultations & exercise programmes tailored to individual requirements
  - 20% off BUPA Membership
- Spa Treatment Reward (Full details available at the Spa reception or [spa.cottonshotel.com](http://spa.cottonshotel.com))
- 25% off weekend breaks and food and beverage within Shire Hotels (conditions apply, please see website for more information)
- Use of other Shire Hotels Spas throughout the country, by prior arrangement
  - \* 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 by credit card, debit card, cheque or cash, or by monthly direct debit, available from the Spa. (Please note that all fees include VAT).

### Guests

Members may sign in guests at the rate of £12.00 per adult and £5.00 per child 5-13 years or £2.50 0-4 years, per visit.

Guests are allowed only one visit per calendar month. Please check Terms and Conditions for restrictions.