



C W R T I U M Health & Spa

I am delighted to enclose details regarding membership prices, facilities, and opening hours.

Our exclusive members and residents club offers a wide range of leisure facilities and activities:

Dry Facilities include a state-of-the-art gymnasium fitted with the latest Matrix cardio equipment which offers a variety of programmes. Our resistance machines also offer a total body workout and combined with our free weights section; the gym can offer all abilities a challenging workout.

We also offer free inductions and programmes.

The gymnasium is fitted with air conditioning, surround sound and 42" Plasma TV's.

Whether you enjoy swimming to keep trim or just enjoy relaxing and taking it easy, our **Wet Facilities** include a 15-meter heated indoor pool, a sauna, steam room and Jacuzzi all located on poolside. These facilities can take your stress away and ease aches and pains.

Indulge at our Cwrtium spa. We can offer a pampering refuge; choose from a variety of NEW Elemis spa treatments and take a journey of self indulgence. Whether it be a relaxing massage, body scrub or an exotic/technology facial. We have all the capabilities to soothe and calm.

All Members benefit from receiving **10% discount** on all food and drink in our hotel bar. We also offer the chance to catch up with friends and family, all members can bring a guest in for FREE on the last Friday of every month.

Should you wish to trial our facilities first, we can offer a 1-day trial membership. This entitles you to trial all the facilities at only **£25** per person. Should you then wish to join the club we can redeem your payment from the membership fee. (Only available once restrictions allow).

Benefits Include:

- FREE Induction and Fitness Programmes
- 5 FREE guest passes (worth £75)
- Coffee for £1.50 at the hotel bar
- FREE Yoga Class (Wednesday Evenings)
- Ongoing member treatment of the month offer.

Why not give us a trial? If you have any queries or require some additional information about any of the facilities, please contact us on our direct line 01633 450400.

We look forward to hearing from you and welcoming you to our club.

Yours sincerely
The Leisure Team



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Leisure Club Membership Tariff

Membership Type	Annual	Monthly
Full Single Adult	£605.00	£55.00
Full Joint	£1100.00	£100.00
Over 65 Single	£440.00	£40.00
Over 65 Joint	£770.00	£70.00
Child (5-16 years old)	£220.00	£20.00

Upgrade to membership Plus for additional £40 per month or £440 per year and receive one of the following every month:

- 1 x 50-minute treatment of your choice
or
- 1 overnight night bed and breakfast stay at the hotel in Superior room for 2 people
or
- 3 course dinner for 2 people

The above Membership Plus benefits must be used each month and cannot be accumulated over time.

Opening Times

Monday – Friday	7am – 9pm
Saturday – Sunday	8am – 9pm

Children Swimming Times

Monday – Sunday	9am – 11am & 4pm – 6pm
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fitness@cwrtbleddyn.co.uk

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