

The Fountain Spa Health & Leisure Club



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Welcome to The Fountain Spa Health & Leisure Club.

Our aim is to provide a complete Health & Leisure experience for our Members. Whether your aim is social, fitness, health related or simply relaxation we provide a service that will accommodate your needs.



If you are looking for the motivation and excitement brought about by classes – we offer over 30 per week between our purpose built Studio and Swimming Pool.

All of our classes are structured to cater for all abilities. So whether it's your first class or you're a regular, you know you will fit straight in. Or why not try something outdoors, with our all-weather Tennis Court?



Our fully equipped, air conditioned Fitness Suite allows for comfortable exercise whatever your goals. With our comprehensive **FitLife** Induction and the guidance of Nuffield Proactive's Fitness and Lifestyle Advisors, there should be no limitations to what can be achieved.



Relaxation can be found in our 20-metre Swimming Pool. Teamed with a bubbling Spa Bath, Sauna and Steam Room this area of the Club is an ideal escape from every day life. With lane ropes a constant feature the Pool can also be used to integrate exercise with rest.

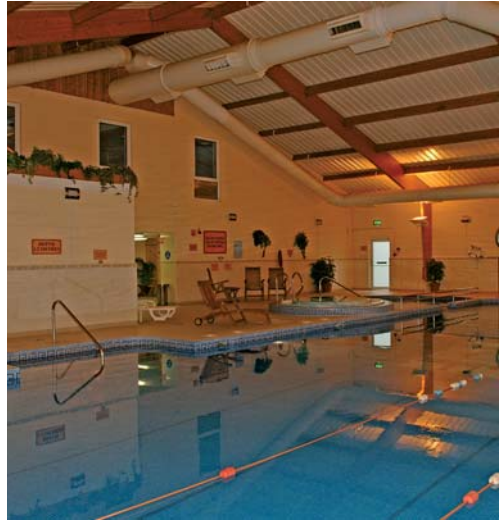


The Fountain Spa Health & Leisure Club

Wet-side Facilities

The Fountain Spa Health & Leisure Club boasts a fantastic range of Wet-side facilities that include a 20 metre Swimming Pool, Spa Bath, Toddlers' Pool, Sauna and Steam Room. Complemented with various relaxation areas, this part of The Fountain Spa provides the ideal escape from everyday hustle and bustle.

With mood lighting to reflect the Poolside atmosphere, be it Lane Swimming or Aquafit, Recreation or Relaxation our Wet-side facilities are the ideal place to feel better about yourself.



Poolside Rules & Guidelines:

- Child Access (under 16): 9am – 7pm, 7 days a week
- Children under 14 are not permitted to use the swimming pool unless supervised by an adult
- Children under 8 years must be supervised on a 1:2 basis
- Children under 5 years must be supervised on a 1:1 basis

Poolside General Information:

- Access via Changing Rooms
- Swimming Pool: 20m x 8m, 1.2m deep, 29°C
- Toddlers' Pool: 0.5m. deep
- Spa Bath: 2m x 2m, seats 6-10, 36°C
- Sauna: seats 10-12, 60-100°C
- Steam Room: seats 8-10, 40-47°C



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The Fitness Suite

Our fully equipped, air conditioned Fitness Suite allows for comfortable exercise whatever your goals are. With our comprehensive **FitLife** Induction & the guidance from Nuffield Proactive's Fitness & Lifestyle Advisors, there should be no limitations to what can be achieved. So if it's calories you're wishing to burn or muscles you're wishing to tone, our 28 piece Gym provides the ideal environment.



Exercise Equipment:

- Treadmills
- Rowers
- Fixed Weights
- Cross Trainers
- Steppers
- Free Weights
- Bikes
- Swiss Balls
- Stretching Area

Additional Features:

- TVs
- **FitLife** Inductions
- Water Fountain
- Free Fitness Programmes
- Cardio Theatre
- Personal Training

The **FitLife** Induction, unique to The Fountain Spa takes fitness and lifestyle assessment and programming to a whole new level. This comprises a health and lifestyle questionnaire that explores past and current health status followed by a number of interactive evaluations (see list below). The information gathered assists the Fitness & Lifestyle Advisor in developing an appropriate Fitness Programme specifically for you.

The Fitness & Lifestyle Advisors will always be on hand to discuss programme issues and perform **FitLife** Reviews on a regular basis. This will ensure that programmes are refreshed and take into account goals that have been achieved or periods of inactivity.



The **FitLife** Evaluation includes:

- Total Blood Cholesterol
- Blood Glucose
- Resting Heart Rate
- Waist to Hip Ratio
- Blood Pressure
- Postural Analysis
- Polar 'Own Index' VO2
- Body Mass Index



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Classes

We operate a diverse programme of Group Exercise Classes, with a Full Timetable of over 30 Class options each week. All Instructors have been selected for their expertise in teaching a particular style of Class with passion and flair. All our Classes are structured to cater for all abilities, so whether it's your first Class or you're a regular Class attendee, you know you will fit straight in.



Our purpose-built Studio is fitted with a high quality sound system, is air conditioned and has wooden sprung floor-boards. This creates a pleasant and safe environment that allows Members to enjoy and benefit from our instructor-led Classes. Almost all of the Classes at The Fountain Spa are taught by external instructors who have been sourced for their experience and charisma and who will provide Members with a unique and rewarding Class experience. We also have Fitness & Lifestyle Advisors on site who can advise you on which Classes are best suited to your personal tastes and exercise goals.

We operate a Class Booking Systems that allows Members to book Classes 6 days in advance. This can either be done at Reception or over the phone. All Members should arrive in plenty time for their Classes and are advised to bring a bottle of water to remain hydrated.

Please check our current Class Timetable for Class Descriptions and Class Start times.



The Fountain Spa Health & Leisure Club

Personal Training

- ***Make time for Fitness***
- ***Take your fitness to the next level***
- ***Streamline your body***
- ***You'll be amazed***



Choosing Personal Training will ensure you maximise your time exercising and start seeing results quicker than ever before. No matter what your goals are everyone can benefit from the experience and knowledge a qualified Personal Trainer can bring to the mix. At The Fountain Spa each Personal Trainer brings the qualities required for you to see the results you desire.

To lose weight, tone up, improve performance and increase energy levels, Personal Training can be a vital ingredient. For results in the Gym you need to know the correct techniques to use – this is where a friendly, qualified and motivated Personal Trainer can make the difference.

To find out more about Personal Training and the tremendous rates available please feel free to speak with a Member of staff.



The Fountain Spa Health & Leisure Club

Health & Beauty

Welcome to

the balcony
health & beauty

Health & Beauty can also be found at The Fountain Spa. With a team of highly Professional Therapists, a complete treatment guide is available to both Members and Non-Members alike. Treatments available extend through Waxing to Massage and from Tanning to Complementary Therapies.

Elemis

A full range of Elemis retail products are also available.



Our fully qualified, experienced Therapists offer an extensive range of treatments to suit all your needs.

Treatments include:

- Manicures and Pedicures from £21.50
- Elemis Body Treatments from £32.00
- Pamper Packages from £77.50
- Elemis Facials from £37.50
- Massage from £26.00
- Tanning from £26.00
- Waxing from £5.00



The Fountain Spa Health & Leisure Club

Complementary Therapies

the balcony
health & beauty

Let our fully qualified Therapists introduce you to a host of alternative treatments. Situated in the Club's purpose-built Health Spa, these Therapies are delivered in one of our five treatment rooms with the sole aim of leaving you revitalised and de-stressed.



Sports Massage

Not just for Sports Stars. This is an ideal treatment to alleviate recurring pain, tension, aches and pains experienced by all. Sports Massage looks to manipulate and rehabilitate muscles, tendons and ligaments. This is an ideal treatment if injured, competing or simply tense.

Indian Head Massage

A treatment that concentrates on the Head, Neck and Shoulders. Focusing on these areas makes this treatment ideal for targeting the relief of headaches, muscle stiffness and the reduction of tension. Indian Head Massage can be invigorating whilst being a truly relaxing experience.

Reflexology

Here, feet hold the key to an amazing experience. Therapists will apply pressure through areas of the foot that in turn trigger organs and systems within the body. The expertise of the Therapist allows for this simple treatment to relieve stress, aches and pains as well as inducing a deep relaxation and improving circulation.

Aromatherapy

Aromatherapy Massage helps relax, soothe and revitalise clients by combining essential oils and massage techniques. The results of this satisfying treatment bring improvement to the physical and emotional well being of you, the client.



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Questions & Answers

What time is the Club open?

The Club opens daily at 7am and closes at 10pm. Last entry to the Club is no later than 9.30pm. Certain restrictions are applicable to Off Peak Members.

How do I go about joining?

It could not be easier. A few simple forms to fill in, schedule an appointment with a Fitness & Lifestyle Advisor and you could be using the Club today.

When do I receive my Membership Card?

Immediately after your FitLife Assessment you will be issued with your personal Membership Card. This must be produced on every visit to the Club.

How do I book Fitness Classes?

Classes are available to all Members free of charge. Each Class can be booked up to 6 days in advance. Bookings can be made in person or by telephone.

Am I signing up to a 12-month contract?

NO! Should you ever need to cancel your Fountain Spa Membership the Club only requires 2 months written notice.

TARIFFS

	Single	Joint
Full Membership <i>Unrestricted access</i>	£52.00	£90.50
Off Peak Membership <i>Weekday Access 9am - 5pm</i> <i>Weekend Access 2pm - 10pm</i>	£41.60	£73.00
Family Membership <i>2 Adults and 2 Children (5 - 15 years old)</i>	£107.50	-

Corporate Memberships, Annual Memberships
available on request

