



GREEN HEALTHCLUB

The Green Healthclub
The Old Pumping Station
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Club Information

Membership Details

Thank you for enquiring about membership at The Green Health Club.

Above all, we endeavour to provide excellent customer service and quality facilities in a non-intimidating, friendly club at unrivalled value for money.

All of our staff are dedicated to helping you achieve a better level of health and fitness whatever your age and physical aptitude. Our fitness instructors are qualified, knowledgeable and friendly, so you can rest assured that your health and well being are in safe hands.

Club Facilities

- Superb 20m Indoor Swimming Pool with lightly chlorinated salt water ideal for sensitive skin and eyes.
- Generous Cardiovascular Studio with 30 stations including bikes, treadmills, cross trainers and steppers designed to offer safe and effective exercise for health, weight loss and aerobic conditioning.
- Well equipped Weights Studio with 14 variable resistance strength stations and free weights area ideal for both general toning and specific strength conditioning, injury rehabilitation and back care.
- There is plenty of space for floor work as well, so flexibility, mobility and core strength issues can be addressed safely within your workout.
- Group exercise classes take place in our Class Studio and are included in your membership. Class participant numbers are limited, ensuring excellent instruction to all attending.
- After a workout, take time to relax by using our Spa, Sauna and Steam Room, all situated by our wonderful pool.
- Quality beauty therapy treatments are offered onsite at The Beauty Room
- We have a great Coffee Area offering snacks, and fantastic cappuccinos!
- We are proud to be one of the only clubs in the area with an in-house Creche, which Serena, Charlotte, & Natalie hold every morning, Monday to Friday

Fitness Instruction

Our instructors are committed to being sensitive to your needs and for this reason we provide a unique complimentary service to our members.

- We use your first visit to familiarise you with the club, it's facilities and establish your goals. You get a chance to use the fitness studios at this stage so that when you meet with your instructor for your second training session you are able to offer feedback on the machines you prefer to use, thus having input on your personalised training programme that will be set.
- Unlike other clubs, you will, at any time, be able to book an instructor to help you through your programme.
- We also provide a service where we will review your progress every 4 to 6 weeks introducing new exercises and ideas to keep you moving towards your objectives. It is essential to vary your workouts in this way to gain maximum benefits.
- Should you require extra motivation Personal Training is also available at a small fee.

Membership Options

Choose a membership that fits your lifestyle:-

MEMBERSHIP TYPE	TIME RESTRICTIONS	JOINING FEE	ANNUAL PAYMENT*	MONTHLY PAYMENT**
Peak Individual	Full time use	£30	£517	£47
Peak Couple	Full time use	£50	£979	£89
Off Peak Individual	Mon-Fri 9am-4.30pm & Sat 10am-4pm	£30	£462	£42
Off Peak Couple	Mon-Fri 9am-4.30pm & Sat 10am-4pm	£50	£869	£79
Evergreen (60+)	Mon-Fri 11am-4pm	£30	£385	£35
Weekend	Fri 12pm-9pm & Weekends	£30	£352	£32

* ANNUAL PAYMENT (One payment for 12 month period)

** MONTHLY PAYMENT (3 months minimum. 60 days notice of cancellation)

Valid from January 1st, 2010

Opening Hours

Monday – Thursday	7am – 10pm	Sunday	9am – 6pm
Friday	7am – 9pm	Bank Holidays	9am – 4pm
Saturday	8am – 4pm		

Children's Swimming

Members are welcome to bring their children to swim during the times below. A responsible adult must accompany under 16's. (Swimming with children is at a ratio of 1 adult to 2 children)

Monday, Tuesday, Thursday & Friday	3.30pm – 5.30pm
Saturday & Sunday (Bank Holidays)	12pm – 2pm

*Subject to change during the school holidays.

The pool is used for swimming lessons on Wednesday between 3.30pm and 6pm. If your child has been booked in the crèche and is less than 18 months old they can swim from 11.30am – 12pm Monday – Friday.

Crèche

Monday – Friday	9.30am – 11.30am
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Prices start from £3.00 per hour

Parents can enjoy all the facilities the club has to offer in the knowledge that their child is being cared for in our crèche. Each session is staffed by trained and experienced carers, alongside experienced mums. We provide a warm and relaxed setting where your child will be made to feel happy and safe where they can play and have fun. It is our paramount responsibility to ensure the safety and well being of all the children in our care. If you have any questions regarding the crèche or would like to visit please do not hesitate to call.

Exercise Classes

Exercise classes are included in the membership for peak members and off peak members attending classes in off peak hours. (Except Pilates for which there is a charge of £2.00.) Off peak members booking classes outside of their hours pay £3.50. Classes can be booked 6 days in advance. Non-members can attend classes at a charge of £4.00 each, booking on the day.

Guest Fees

All Facilities	£10.00	Wet Area Only	£5.00
Children under 4 yrs	FREE	1 Child Swim	£3.00
2 Children Swim	£5.00	3 Children Swim	£7.00

PLEASE NOTE: Prices correct as of January 2009. All prices subject to change and services may be cancelled / changed without notice. Please telephone to confirm current prices.