



GREEN HEALTHCLUB

January 2012



**club information**  
there's something  
for everyone



# club information

Thank you for enquiring about membership at GREEN HEALTHCLUB.

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

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- Superb non-chlorinated 20m **Indoor Swimming Pool** ideal for sensitive skin and eyes.
- Generous **Cardiovascular Studio** with bikes, treadmills, cross trainers, rowers and steppers designed to offer safe and effective exercise for health, weight loss and aerobic conditioning.
- Well equipped **Weights Studio** with 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 and mats for floor work, so flexibility, mobility and core strength issues can be incorporated in 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 located by our wonderful pool.
- We are proud to be one of the only clubs in the area with an in-house **Crèche**, which Charlotte, Laura, Trina and Sam run every weekday morning.
- Quality beauty therapy treatments are offered at **The Beauty Room**.
- We have a great **Coffee Bar** offering fantastic cappuccinos, smoothies and a range of snacks.



GREEN HEALTHCLUB

## Fitness Instruction

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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 be able to book an instructor to help you through your programme at any time.
- 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 an extra cost and can be arranged directly with our Fitness Instructors.

## Opening Hours

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

## Membership Options

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Choose a membership that fits your lifestyle:-

MEMBERSHIP TYPE	TIME RESTRICTIONS	JOINING FEE	ANNUAL PAYMENT*	MONTHLY PAYMENT**
Peak Individual	Full time use	£30	£545	£49.50
Peak Couple	Full time use	£50	£1,020	£92.50
Off Peak Individual	Mon-Fri 9am-4.30pm & Sat 10am-4pm	£30	£495	£45.00
Off Peak Couple	Mon-Fri 9am-4.30pm & Sat 10am-4pm	£50	£910	£82.50
Evergreen (60+)	Mon-Fri 11am-4pm	£30	£420	£37.50
Weekend	Fri 12pm-9pm & Weekends	£30	£385	£35.00

\* ANNUAL PAYMENT (One payment for 12 month period).

\*\* MONTHLY PAYMENT (3 months minimum PLUS additional 60 days notice of cancellation after 3 months - 5 Month term).

# Children's Swimming

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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.

Children under 4 yrs	FREE	2 Children Swim	£5.00
1 Child Swim	£3.00	3 Children Swim	£7.00

The pool is used for swimming lessons on Wednesday between 3.30pm - 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 to Friday.

## Crèche

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Monday to Friday: 9.30am – 11.30am

Cost per child per day session                      £5.00

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.

## Guest Fees

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Cost per Guest for each visit (full use of club facilities)    £10.00

All Guests must be accompanied by a Member at all times.



GREEN HEALTHCLUB

The Old Pumping Station,  
Pluckley Road, Charing TN27 0AH

☎ 01233 713 858

[www.thegreenhealthclub.co.uk](http://www.thegreenhealthclub.co.uk)

## Location:

