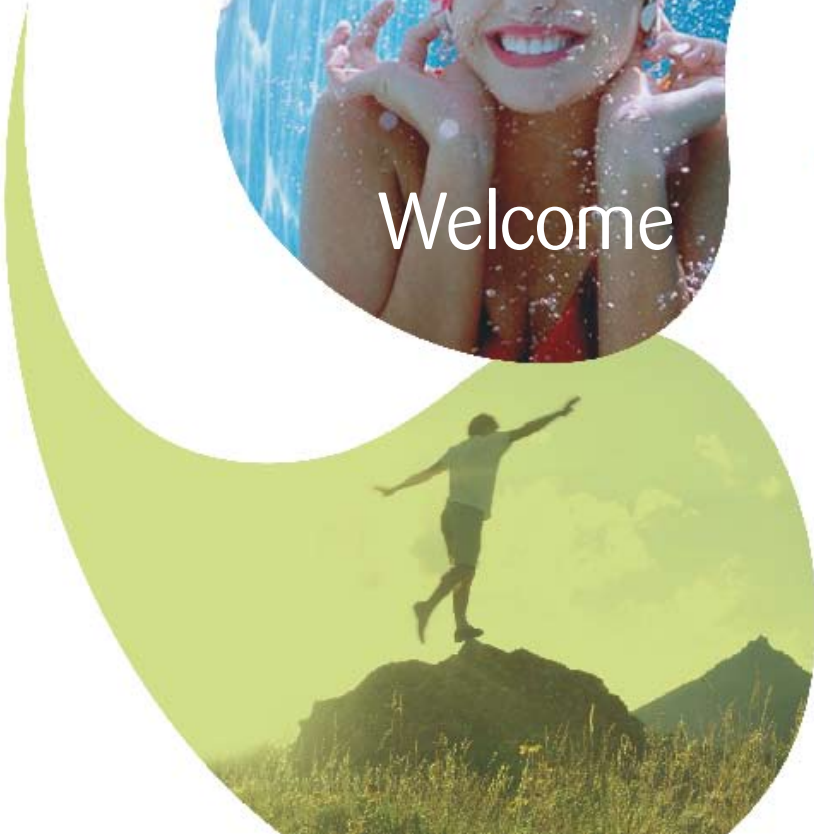




Welcome



## Welcome to Spirit Health Clubs

At Spirit Health Clubs, we don't think it's enough to leave you looking good. We want to leave you feeling fantastic too. That's why our Lifestyle Consultants are ready to help tailor a lifestyle change that's guaranteed to help you get the most from your diet, make the most of those curves, and everything in-between. Which leaves you free to concentrate on more important things, like squeezing even more fun out of life.



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### Find your true spirit

If you're looking to get even more out of life - then you've come to the right place! Our Lifestyle Consultants are here to help you get the most out of everything you do.

However, first we need to know exactly what you really want from your membership. That's why one of our consultants will sit down with you and have a quick informal chat. They'll ask you for your likes and dislikes when it comes to exercise and note them down on our questionnaire. This will help us choose the exercises that are right for you.

We'll then take you through a full induction, so that you're comfortable with all the equipment and facilities. And don't worry, even when you've completed your induction, we'll continue to help you with your programme until you're comfortable to go it alone.

If we haven't seen you for a while, we'll even call you to see if there's anything we can do to help you get back into the swing of things. Well, what are friends for?



## Just a few of the healthy benefits you'll receive with Spirit Health Clubs

- 👉 Free lifestyle consultation and personalised programme, updated regularly
- 👉 Complimentary towel and toiletries
- 👉 25% discount on hotel breaks throughout the UK, Ireland and Europe, at participating hotels
- 👉 25% discount on food and beverage purchased at any hotel featuring a Spirit Health Club
- 👉 10% discount on sports retail clothing in any Spirit Health Club
- 👉 10% discount on beauty treatments at any Spirit Health & Beauty Club
- 👉 Use of Spirit Health Clubs nationwide\*

\*Terms and conditions apply.

### Why Spirit Health Clubs?

First off, we're small and personal; that's the way our members like it. It gives us the chance to help them one-to-one - and makes our guidance all the more effective.

From day one you'll be provided with a personal programme, taking into account your goals, your likes and dislikes and your ability level. We'll review your programme regularly and adapt it to make sure you're progressing - and, most importantly, still getting the most from your visits to the club.

### Social Spirit

So what do you do with all that extra zest and spirit once you've got it? There are plenty of chances to use it at our many social events, club challenges and competitions throughout the year. Well, staying fit should be fun, shouldn't it?


### Community Spirit

Here at Spirit Health Clubs, we see ourselves as a core part of the community, raising money and awareness for local and national charities. Our members often play a key role by getting involved with many initiatives.

### Guests

If you're really enjoying something, it's only natural that you'll want to share the experience. That's why you're welcome to bring along up to two guests every time you visit the club - on payment of the appropriate club guest fee.

- 👉 Adult guests aged 16+
- 👉 Junior guests aged 5-15 must be accompanied by an adult member of Spirit Health Clubs
- 👉 Children under 5 are free
- 👉 Guests are entitled to full use of the facilities and complimentary towels



For me, it's about feeling like I'm king of my castle.

### Making more 'me' time

As part of the InterContinental Hotels Group, Spirit Health Club members have the unique benefit of being able to use the hotel facilities at discounted rates. After your workout, why not take it easy in the hotel lounge, where you can enjoy a drink and a wide selection of light meals. It's the perfect chance to catch up with friends, or a great way to entertain. As a member, you'll receive 25% discount on all your food and drink.

### Hotel breaks

On top of this you'll also receive 25% discount on hotel stays in a wide range of participating hotels throughout the UK and Europe. Perfect for a dreamy weekend break or even a family holiday.

### An oasis of calm

Stress is everywhere these days. Everyone has too much to do - and less time to do it. However, there is an easy way to leave it all behind.

Every Spirit Health Club provides you with a thoroughly relaxed, almost tranquil atmosphere. It's the perfect place to help you recharge your batteries and boost your get up and go.

### Group Exercise

Those clubs with studios offer a wide range of group exercise activity. However, where a club does not have a specific studio area, our exercise specialist provides a range of group activities within the pool, gym and outside areas.

Our range of group exercise activities are a great way to socialise and meet new people, while improving your strength, mobility, flexibility and aerobic fitness. Each club offers a unique group exercise programme.

“ For me, it’s also about developing my chuckle muscles. ”

## Spirit Health Club Facilities

A typical Spirit Health Club has a:

- ☞ fitness room
- ☞ indoor swimming pool with spa pool
- ☞ sauna
- ☞ steam room

### Individual Training

Your exercise programme for the club may include a gym workout, pool session, group exercise class or a combination of all three. Personal training is offered to those who require that extra support or motivation to tone up, lose weight, train for a specific event or learn how to make those all-important lifestyle changes.

### Swimming

Learn to swim, improve your stroke, enjoy a pool workout or just relax. Swimming is one of the best forms of all-round exercise; with little pressure on muscles and joints, it’s effective at toning the body while increasing stamina.

### Changing Facilities

Our changing rooms have individual showers, lockers and hair dryers. Every Spirit Health Club provides members with complimentary towels and toiletries meaning all you have to carry to the club is your workout clothing. It’s all part of the service.

### Treatment Rooms

Additionally, a number of our clubs have treatment rooms where members can enjoy a range of relaxing beauty treatments.

At Spirit Health Clubs, we understand the importance of looking after yourself, whether it’s to relax or to treat your body.

Try one of our many treatments from massages and facials to manicures and tanning.

We’ve teamed up with the beauty industry’s leading companies to bring a wide range of treatments for men and women that’ll leave your skin positively glowing. You can even buy a gift for a friend or a loved one with one of our many spa day packages.

All members receive 10% off published prices. Treatment rooms are open to non-members.

Please ask for a beauty brochure for more details on treatments offered and prices.

## Why choose Spirit Health Clubs?

Our clubs are small and personal; we treat our members as individuals: we know your name, have time for a chat, love to find out how you are doing and really enjoy helping you achieve your goals. We believe that we offer you the “spirit to succeed” whatever your goal and recognise that for many of us in today’s world, membership is simply an opportunity to take one small step to becoming a little bit healthier, more motivated and more spirited.

## How do I join?

You can join up over the phone or in person at the club. You will need your bank details or annual payment (payable by cash, cheque or card) and be prepared to complete the membership application form in full. This will take about five minutes, then you’re ready to go.

## What happens when you join?

To start with we sit down with you in an informal environment to understand what you want to achieve from your membership at the club. As part of this, we complete a lifestyle questionnaire, designed so that we can advise the best exercises for you, then we take you through a full induction so that you’re comfortable with all the equipment and facilities. Once you’ve completed your induction, we’ll continue to help you with your programme until you’re comfortable to go it alone. And if we haven’t seen you for a while, we’ll call you to see if there’s anything we can do to help you get back into the swing of things. Well, what are friends for?

## What support can I expect?

From day one you are provided with a personal programme, taking into account your goals, your likes and dislikes, and your ability level. We review your programme regularly and adapt it to make sure you are progressing and, more importantly, still enjoying your visits to the club. Our Lifestyle Consultants are always on hand to support, advise and encourage you. And should you not want a programme, we are happy to encourage and support you in any way, whether it’s a chat, a word of advice or a refresher on how a piece of equipment works.

## Who is a typical Spirit Health Club member?

Spirit Health Clubs attract a wide range of members from 18 to 80+ years of age. Over half our members are aged over 46 years with more than a quarter of our members having been with us for six years or more. The typical Spirit Health Club member enjoys keeping a little bit fitter, enjoys the support and friendship of their fellow members and benefits from the added value that membership offers.

## How often do I need to visit?

As often as you wish; there’s no pressure from us. As part of your induction we will agree your goals and advise you on the amount of exercise you need to take to help you achieve them. Many of our members attend the club more frequently than they had planned as they enjoy the social aspect and like meeting up with friends.

To find out more about Spirit Health Clubs, our locations, facilities and special offers including a Free day pass, visit [www.spirithealthclubs.co.uk](http://www.spirithealthclubs.co.uk)