



THE SPA

Crabwall Manor

WELCOME

Health and fitness is key to improving your quality of life. As a member of The Spa at Crabwall Manor, you have full access to a state-of-art gymnasium, you can take part in one of the many exercise classes or you can relax in the 18m heated indoor pool, or the spa, sauna and steam room, or indulge in a treatment.

If you want to increase your overall fitness then it's the gymnasium for you, to use the cardiovascular machines, such as the treadmill, cross-trainer, or slip into the heated pool to do some lengths. These exercises will raise your heart rate, conditioning your heart and lungs to improve your general fitness. They will increase your ability to perform everyday tasks, burn fat, and boost your energy levels.

For muscle tone and strength you should try the resistance machines and free weights. For the best results, a balanced programme of cardiovascular and resistance work is essential. When you join The Spa at Crabwall Manor a full gymnasium induction is included with your membership. You also have specifically designed fitness programme, which is up dated regularly to ensure you are getting the maximum benefit from your membership. Your team of instructors are highly qualified and are always on hand to help and guide you through your exercise.

If you feel like you need extra motivation, or have specific goals to reach, then ask about Personal Training sessions. It may cost more but the results are worth it.

Drinks and snacks are available from the Juice bar along with free fruit. Newspapers and magazines can be found in the lounge to unwind before or after your work out. You're also entitled to a 20% discount on beauty treatments. Speak to one of the therapists if you'd like some more information.

DISEASES OF THE SOUL
ARE MORE DANGEROUS
AND MORE NUMEROUS
THAN THOSE OF THE BODY

CICERO

MEMBERSHIP

STUDIO WORKOUTS

Spinning

A high intensity work out, providing fat burning, muscle tone and helping you develop your aerobic fitness.

6-pack solution

A circuit based abdominal class. It concentrates on toning your abdominal muscles and increasing your aerobic fitness.

Pilates and Yoga

Pilates is designed to promote good posture and muscle tone. It improves your breathing and relaxation. Lyenga and Hatha yoga is for relaxing, toning and strength building.

Look out for the regular Yoga Workshops

BEING ACTIVE REDUCES
STRESS & ANXIETY AND
IMPROVES YOUR SLEEP

Aqua

A low impact work out in the water for gentle conditioning and to improve your general fitness.

Funky aerobics

An exciting work out, combining classic aerobics with funky dance moves.

Tone Zone

A stretching and toning class to improve your muscle tone and posture.

All the instructors cater for the beginner to the advanced, so feel free to join in any class.

Classes are free to Peak Members.

Classes are free for Off Peak Members during off peak times, and cost £3 out of hours.

Non members £6.

Class timetable may vary.

Monday

Aqua.....10.15 – 11.00
Pilates11.30 – 12.30
Spinning18.00 – 18.45

Tuesday

lyengar yoga.....9.45 – 11.15
Pilates17.30 – 18.15
Yoga18.15 – 19.45

Wednesday

Hatha yoga.....11.30 – 13.00
6-pack solution.....17.45 – 18.30
Hatha yoga.....18.30 – 19.30

Thursday

Spinning18.30 – 19.30

Friday

Aqua.....10.15 – 11.15
Tone zone.....11.15 – 12.00

Saturday

Running club9.45 – 11.00

MEMBERSHIP TARIFF

Peak Single

Unrestricted Access

£52.50 a member per month

£525 a member per annum

Peak Joint

Unrestricted Access

£94.00 a couple per month

£940 a couple per annum

Off Peak Single

Monday to Friday 9.00 – 17.00

£34.50 a member per month

£345 a member per annum

Off Peak Joint

Monday to Friday 9.00 – 17.00

£69.00 a couple per month

£690 a couple per annum

Corporate Memberships are available. Please ask ____ for details on ____.

LOOK OUT FOR OUR SPECIAL MEMBERSHIP OFFERS

Children

Monday to Friday

9.00 – 11.00 and 14.00 – 17.30

Saturday and Sunday 10.00 – 17.00

£11 a child per month

£110 a child per annum

£100 joining fee

Membership terms and conditions apply and are available if you'd like to see them. Please call 01244 851585 for more information.

It really is necessary for members to accept full responsibility for their actions and those of their guests and / or children while using the health club. All the equipment is used at your own risk and liability.

You should have a look at the guidelines for the use of the sauna, spa bath and steam room. It's a good idea to talk to your doctor before exercising.

Opening times

Monday to Friday6.30 – 22.00

Saturday & Sunday7.30 – 20.00

Public Holidays may vary

Children's Swimming Times

Monday to Friday9.00 – 11.00

.....14.00 – 17.30

Saturday and Sunday10.00 – 17.00

You can visit the club up to half an hour before closing.

Membership cards must always be shown.

30 MINUTES OF MODERATE EXERCISE, 5 TIMES A WEEK, WILL HELP YOU LEAD A HEALTHY LIFESTYLE

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MEMBERSHIP