

THE SPA

Best Western Mollington Banastre Hotel & Spa

WELCOME

Health and fitness is key to improving your quality of life. As a member of The Spa, Mollington Banastre, 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, Mollington Banastre 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

Aqua Fit

A low impact workout in the pool designed to aid fat loss & improve muscle tone. Aqua is aimed at any age group and ability. Especially beneficial for those with arthritis, weight problems or an aversion to studio based classes.

Sporty 40's

A fun filled combination workout including, high and low impact aerobics, muscle toning and stretch for a complete workout.

Total Tone

A complete muscle toning class designed to strengthen, tone and burn calories. Perfect for body shape changes and weight loss.

Balltastic

A fun workout using the stability ball to tone the core muscles, great for abs!

Boxercise

Energy packed class using a variety of movements based around boxing.

Bums and Tums

Concentrates on toning and tightening the muscles in these areas.

C.A.T.

A medium to high intensity workout combining aerobics with bums, legs, tums, tums & upper body toning.

Circuits

The perfect all around fitness class, using a variety of props and exercises.

Pilates and Yoga

Improves flexibility and strength, based on a series of controlled movements. Relaxes the body and mind to reduce stress and increase energy levels.

Spin

An invigorating workout on the bike. Conditioning the heart and lungs

Step and condition

a combination of a challenging step routines and muscle toning

Freestyle pump

An easy to follow strength training workout using Olympic bars and weights, the fastest way to get in shape.

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.

Contact the leisure club to get a full list of class times.

MEMBERSHIP TARIFF

Peak Single

Unrestricted Access

£50 a member per month

£500 a member per annum

Peak Joint

Unrestricted Access

£79 a couple per month

£790 a couple per annum

Off Peak Single

Monday to Friday 9.00 – 17.00

£35 a member per month

£350 a member per annum

Off Peak Joint

Monday to Friday 9.00 – 17.00

£51 a couple per month

£510 a couple per annum

Corporate Memberships are available. Please ask us for details on 01244 851 471.

LOOK OUT FOR OUR SPECIAL MEMBERSHIP OFFERS

Family

2 adults and 2 children

Unrestricted access

(Children cannot use the pool after 18:30)

£105 a family per month

£1,150 a family per annum

Membership terms and conditions apply and are available if you'd like to see them. Please call 01244 851 471 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 Friday7.00 – 22.00

Saturday and Sunday.....7.00 – 21.00

Public Holidays may vary

Children's Swimming Times

Monday to Sunday7.00 – 18.30

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

Membership cards must always be shown.

Children under 15 cannot use the gym.

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

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