



BEDFORD LODGE HOTEL & SPA



The Health & Fitness Club Membership Prices

Membership Type	Times	Cost
Off-Peak Membership (Monthly)	Mon. - Fri. 6.30am - 5.00 pm Sun. 12.00 noon - 8.00 pm	Individual - £48 per month Couple - £85 per month
Peak Membership (Monthly)	Mon. - Fri. 6.30am - 9.30 pm Sat. - Sun. 8.00am - 8.00pm	Individual - £64 per month Couple - £112 per month
Annual Membership (1 month free)	Same as above	Off-Peak - Individual - £528 Couple - £935 Peak - Individual - £704 Couple - £1232

We do have an administrative joining fee and this is £100 per Individual Membership or £150 per Couple Membership. Please note you are not tied into any long-term Contracts.

Membership benefits include:

- **Free Fitness Studio classes and aqua aerobic classes in the pool**
- **10% off all non alcoholic drinks in Roxana Bar and Squires Restaurant**
 - **5% discount at The Spa at Bedford Lodge Hotel**
 - **20% off all food in Roxana Bar and Squires Restaurant**

Our facilities include a 15 metre swimming pool Steam Room, Sauna, Hot Tub and fully equipped with Life Fitness equipment, air conditioned Gym. We offer **free gym inductions** followed by your own **personal fitness programme**.

Please be aware that should you need to cancel your Membership you need to give us 30 days notice, either by letter, e-mail or at Leisure reception where you would fill in a cancellation form. Thank you once again for your interest and we look forward to hearing from you soon. Please feel free to visit the Health & Fitness Club and see the facilities.