

Welcome to St Michael's Spa & Health Club

All members receive Complimentary Health Club Induction and 1 hour of free Personal Training with a personalized programme, 50% discount on first Spa Treatment or Therapy then a further 10% from then on, 10% discount in The Flying Fish Restaurant, Plus...



Membership Options

	Gold	Silver	Bronze	Blue	Fitness
Unlimited use of all pool & Health Club facilities					
Unlimited use of pool OR Health Club facilities					
Off Peak use of pool & Health Club facilities					
Off Peak use of pool OR Health Club facilities					
Unlimited use of pool					
Health and Fitness Assessment					
Personalised Fitness Programme					
Free entrance to all classes					
Free entrance to all classes off peak					

12 Months Fee	460	390	350	285	305
Monthly Direct Debit	42	35	32	26	28
6 Months Fee	240	210	185	150	160
Monthly	47	40	37	31	33

Joining Fee	
Pool & Gym	£25.00
Pool Only	£15.00
Opening Times	
Mon - Fri	6.30am - 10pm
Sat & Sun	6.30am - 10pm
Off Peak Times	
Mon - Fri	9am - 3.30pm
Sat & Sun	Anytime
Day Visit Tariff	
Full Visit	12.00
Pool	8.00
Gym	8.00
Classes	6.00
Child	6.00
Member Child	3.50
Discounts & Concessions	
10% Reduction on all memberships for Couples, Over 60's and Students with valid ID.	

www.stmichaelsspa.co.uk

Pool Opening Times

Mon to Fri - 6.30am - 9.45pm
Sat & Sun - 6.30am - 8.45pm

Adults Only

6.30am – 9am and 7pm til close

Children Opening Times

Members Children - 9am - 7pm

Non Members Children - Mon - Fri - 10am - 12noon & 3pm - 5pm
Sat & Sun - 2 - 5pm

New - Spa Fitness Classes

Choose a workout to suit you:

Monday

9.30am - 10.15am Aqua Circuits
11am - 12 noon - Yoga Stretch
12noon - 1pm Yoga Dynamic Flow
6.30pm - 7.30pm Aerobics
7.30pm - 8.30pm St Michael's Circuits

Tuesday

6.30pm - 7.30pm Zumba
7.30pm - 8.30pm Yoga Stretch

Wednesday

9.30am - 10.15am Aqua Circuits

Friday

9.30am - 10.15am - Aqua Circuits

Spa Fitness Classes

- Yoga Stretch** - Chill out, relax and feel balanced
- Yoga Dynamic Flow** - Ashtanga based yoga for a harmonious, toned body
- Aerobics** - Release the stresses of work with an hour of upbeat aerobics
- St Michael's Circuits** - High intensity, total body workout. Great for burning calories and toning muscle
- Zumba** - One-of-a-kind fitness class that will blow you away! By using such dance styles as Salsa, Cumbia, Merengue and the Chachacha, it is a sure way to increase fitness and have fun!



* Corporate Memberships

For additional information about our Corporate Memberships please contact Karenza Hadfield,