

THE  
**LEISURE CLUB**  
AT GURNARD PINES



Healthy living under one roof

Membership Details

1st January 2010 – 31st December 2010

**MONTHLY  
MEMBERSHIPS  
STILL AT  
2008 PRICES**

**performance partner**   
offshore challenges sailing team

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## Simply a better way of life

Tough day? Have a work out, relax in the pool, play a little tennis, take in a class, have a little time for you. The Leisure Club at Gurnard Pines is the perfect place to get fit and feel fabulous. We work round your busy week, opening at 7am and most nights closing at 9pm.

Whatever your goal The Leisure Club team are here to help. With a weekly programme of fitness classes, a state of the art gym, floodlit tennis courts and luxurious changing rooms. We also offer 1 to 1 fitness assessments, personal training, bespoke fitness programmes, tennis coaching and swimming lessons.

We also have Go Active, an exceptional range of exciting activities for the whole family. Please ask at Reception for up-to-date information and to book.

Fitness suite • Aerobic classes

• 25m Indoor heated pool

• Floodlit tennis courts • Adult and junior swimming lessons

• Personal training • Fitness

assessment • Seasonal outdoor heated pool • Tennis academy

• Adult and junior tennis lessons

• Monkey Mansion soft play area

• Crèche • Brasserie and bar

• Function Suite • Accommodation

# Membership options available

We offer three levels of membership tailored to suit your individual needs and requirements.

Included in your price...	Club	Executive	Premier
Indoor pool	✓	✓	✓
Outdoor pool 28 May - 3 Sep	✓	✓	✓
Fitness suite		✓	✓
Fitness suite induction		✓	✓
1 to 1 Fitness assessments		✓	✓
Floodlit tennis courts		✓	✓
Fitness classes			✓

Facilities and activities not included in your membership can be purchased on a pay-as-you-go basis.

## Monthly memberships Payment by rolling monthly Direct Debit

Level	Member	Individual	Corporate
Joining fee	Adult	£50	£50
	Child 4 – 17 years	£20	£20
Club	Adult	£26	£22
	Junior 4 - 12 years	£8	£6.50
	Junior 13 - 17 years	£14	£12
Executive	Adult	£36	£30
Premier	Adult	£44	£36

We offer a 10% discount off Individual prices for Seniors and disabled people (proof is required).

## Corporate membership

Corporate membership is open to 10 or more employees from one place of work. As an extra benefit we are happy to extend your corporate membership rate to your partner and children (up to 17 years old) should they wish to join.

## Fixed term memberships

Payment in full by cash or credit/debit card. We offer the opportunity to fix your membership term when you pay in full. We offer 3, 6 & 12 month memberships. Simply take 3, 6 or 12 months membership and the joining fee to calculate your membership price.

Open: Mon - Fri 7am - 9pm, Sat & Sun 8am - 8pm

Visit [www.gurnardpines.co.uk](http://www.gurnardpines.co.uk) or call 01983 292 395

# On your marks...

a brand new collection of sports activities to suit everyone

New at  
Gurnard Pines  
for 2010

# go



go pro

Professional training to National Sports Governing Bodies standards

- Archery
- Fencing
- Table Tennis
- Snorkelling
- Fitness Assessments
- Personal Training
- Fitness Classes
- FUNdamentals, movement ideas for early years (developed by British Gymnastics)



go wild

High adrenalin for thrill seekers

- High Adventure Course
- Climbing
- Abselling
- Power Fan
- Leap of Faith
- Tree Climbing



ready, steady...

Fun for children of all ages

- Swimming
- Cro-Kick
- Disc Golf
- WaterWalkerz
- Inflatable Pool Canoes
- Raft Building
- Sea Scooters
- Aeroball
- Skip Hop
- Short Tennis
- Cycling Proficiency



go discover

Explore breathtaking scenery at your pace

- Woodland Nature Walk
- Cycling
- Walking
- Rambling



go slow

Enjoy life at a more relaxed pace

- Short Mat Bowls
- Petanque
- Sports Massage
- Beauty Therapies



[www.gurnardpines.co.uk/go](http://www.gurnardpines.co.uk/go)

in association with

Hoseasons

Please note not all activities are available all season and activities are subject to an additional and moderate extra charge - please check [www.gurnardpines.co.uk](http://www.gurnardpines.co.uk) for a full activity listing. Height and age restrictions apply to some activities.