

Press Release

30 October 2009

Get the whole family active at Gurnard Pines

There are many ways for the whole family to get active on the Isle of Wight, but The Leisure Club at Gurnard Pines offers market leading facilities with memberships for every budget and every lifestyle. Many families are making changes that will help them live healthier, longer lives and in order to maintain a healthy weight we need to both eat better and move more.

Gurnard Pines offers high quality facilities including a 25m heated indoor pool, refurbished gym, floodlit tennis courts and fitness studio with a whole range of classes from yoga to pilates and spinning to circuits. Plus there is the Monkey Mansion indoor adventure play centre where kids can let off steam (it's like their own gym workout!), swimming lessons by ASA qualified teachers, Ofsted approved crèche and other great facilities like a family café bar with healthy menu options.

Throughout November Gurnard Pines are offering their "rest of the month free" deal. There is no long term commitment and all new members need to pay when joining is the first full month with monthly payments by direct debit, only for as long as they wish to remain a member. Being able to pay in fully flexible instalments is ideal for families on a budget but who want to get active and move more. You can get in shape from £26 per adult and £8 per child per month, so the figure to pay looks great too!

Gurnard Pines have just launched their special family "Winter Warm-up" package, offering a 3-month winter membership for 2 adults and up to 2 children for a one-off fee of just £240, saving at least £60 off. This great value deal includes unlimited swimming and tennis for the whole family, unlimited gym access for adults including an induction and 1-to-1 fitness assessment, and unlimited access to the indoor soft play area for children aged 4 to 12 years. This special membership gives the whole family access to top-rate facilities for as little as £2.67 a day and can be taken out up to 31 December 2009, but spaces on this offer are limited to the first 20 families.

If you need a little more motivation to reach your fitness goals, The Leisure Club now offers Personal Training every day of the week for the real celebrity star treatment. A package of six 90-minute long sessions is just £150 and includes a thorough fitness consultation. That's just £25 per session and you do not need to be a member of The Leisure Club to join our Personal Training programme.

For more information about The Leisure Club at Gurnard Pines, simply call in to see their friendly membership advisors, phone them on 01983 292 395 or go to www.gurnardpines.co.uk where you can also join online or take a virtual tour of the facilities.

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NOTES TO EDITORS

Gurnard Pines is a market leading, award-winning leisure resort located near Cowes within 55 acres of private woodland and ample free parking for leisure club members. It offers a range of products including self-catering holidays, leisure club membership and is an events venue for conferences, meetings, weddings and parties.

The Leisure Club at Gurnard Pines has seen an investment of £750,000 in the past two years to make it the Isle of Wight's leading family leisure club. Whilst access to the main leisure facilities is on a membership-only basis to ensure we offer a relaxing environment without the frenzied atmosphere of a leisure centre, membership is surprisingly affordable with membership prices held at 2008 rates for 2009 and monthly payments from just £26 per adult.

Membership offers unlimited access to all facilities included within the membership package with facilities open from 7am to 9pm on weekdays and 8am to 8pm on weekends. The Monkey Mansion indoor adventure play centre is open from 10am to 7pm but does require adult supervision.

Gurnard Pines has just teamed up with Hoseasons, the UK's leading self-catering specialist, to provide holidaymakers with an exciting selection of UK sporting activity breaks. In support of the Change4Life movement, this exciting Go Active Breaks programme will offer customers the perfect environment to enjoy their favourite sport, kick off a new interest, or simply have fun and get active.

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