



Spirit Health & Fitness Club

We are delighted that you are interested in joining us here at the Spirit Health Club as a corporate member through the Cambridgeshire Cricket Association!

Whether the reason for you joining is to reach your fitness and wellbeing goals, socialise with friends or to relax and unwind, we strive to provide the best facility and service to meet your needs and requirements.

Please take the time to read through a few of the policies and procedures below that will help you get a greater understanding of the club that we offer.

Membership & Fees

Your membership will entitle you to access all of the current facilities at the times that we are open as of December 2021. In addition, all classes are complimentary subject to availability.

Membership fees will be collected automatically from your bank account on the 15th of every month. If you should need to freeze or terminate your membership, please contact the team via email correspondence. We advise you to read through the terms and conditions of your membership.

Upon joining you confirm that you are healthy and able to carry out physical activities via signing the health commitment statement. If you have any medical concerns, please inform your GP who will advise you on your limitations.

The discounted cost you will receive through the Cambridgeshire Cricket Association is £45 per month or £450 for a year. This is just under a 20% discount on the standard rate.

Fitness Classes and Pool Usage

You will have access to use the pool facilities at all the times we are open. I have listed them below:

06:30-22:00 - Monday – Friday & 07:00-21:00 – Saturday, Sundays & Bank Holiday Mondays.

The last entry to the club is one hour before close.

The sauna, steam room and spa bath will close one hour before the closing time.

All memberships include a gym induction and a six-week plan with a level two gym instructor if you choose. Please speak to the team and they will be more than happy to book it in for you.

Below are the classes we currently have on offer. We will be continually accessing class occupancies and will bring in more classes if the demand is there.

Monday's:

10:00-11:00 - Aqua aerobics (20 people)

18:00-19:00 – Spinning (10 people)

19:30-20:30 – Pilates (14 people)

Tuesday's

9:30-10:30 - Ballet workout (14 people)

18:00-18:45 – Zumba (15 people)

Wednesday's

09:30-10:15 – Step (12 people)

10:30-11:30 – Pilates (15 people)

Thursday's

09:30- 10:45 – Yoga (14 people)

Signing In

Once you have been issued with your membership card, you will need to scan in each visit to the club. There is no need to worry about registering your car, we will add it to the complimentary list.

Guest Passes and Guest Fees

You may bring a guest with you to enjoy the facilities on offer, you will be issued two guest passes upon joining as a member and then afterwards any guest wishing to come along must pay the relevant fee below. Please remind guests to register their car at the club reception.

Children under the age of 6 years	Free
Children under the age of 15 years	£ 5
Adult guests	£ 10

Facility Etiquette

When using the swimming pool and health club facilities, please be aware of the rules and regulatory guidance as displayed and abide by these for everyone's comfort and safety.

We ask you to be courteous to all members and guests and employees of the Spirit Health Club.

In consideration of all gym users, please ensure that you are wiping all of the equipment after use with the gym cloths that are available.

The gym facilities and classes are available for all adults over the age of 16 years.

Please be aware that children under the age of 16 are prohibited from using the steam room, sauna or spa bath.

Lockers

The lockers are for the use of all members, guests, and hotel guests during your stay.

If you have any item of property that has been lost during your visit, please contact us at the club and we will do our best to help you locate it.

We will not be held accountable for any personal property that may be damaged, lost or stolen.

We hope the above is helpful and you will consider joining us.

If you have any further questions, please contact the club at spirit@hicambridge.co.uk or call 01223 236620.

Healthy Regards,

Ollie

Spirit Manager.



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