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# MOOR HALL LEISURE CLUB & SPA

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# Welcome

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At Moor Hall Leisure Club & Spa we aim to provide you with the best in fitness and relaxation facilities coupled with comprehensive support and guidance from friendly, professional and well trained staff.

Whatever your age or level of fitness we will assess your individual needs and develop an exercise programme to suit you. You'll be encouraged to achieve your personal best and most importantly to enjoy the challenge!

To see for yourself what we can offer you please contact us on 0121 334 2323 and we will be happy to arrange to show you around and answer your questions with absolutely no obligation.

We look forward to welcoming you to Moor Hall Leisure Club & Spa.

## About Us

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### **Indoor Pool**

Relax and exercise at the same time in the attractive heated indoor pool. 1.4 metres deep throughout, it is ideal for swimming yet shallow enough to allow you to stand easily for aquatone classes.

### **Spa Bath, Sauna, Steam Room**

To relax, refresh and soothe the muscles after an energetic swim or rigorous work out in the gym.

### **Gymnasium**

Our air conditioned gym is equipped with a wide range of cardiovascular and resistance equipment which is suitable for all levels of fitness. Our qualified staff are always available to offer assistance.

### **Fitness Classes**

A full programme of fitness classes including aqua, Pilates, yoga, indoor cycling, aerobic and conditioning takes place each week and the sessions are free to members\*. The purpose built air conditioned aerobics studio features a sprung floor for your safety and all classes are led by expert and friendly instructors who ensure that you get the most from your workout!

### **Personal Fitness Programmes**

Designed specifically for your individual needs.

### **Qualified Staff**

Our professional staff are always on hand to offer advice on all aspects of health, beauty and fitness.

### **Spa Treatment Rooms**

Experienced therapists offer a wide range of Thalgo facial and body treatments plus waxing, Nailtiques therapeutic manicures and pedicures, bareMinerals makeup and complementary therapies such as Reiki, Indian Head Massage and Reflexology.

### **Spa Lounge**

The Spa Lounge is the perfect place to relax and enjoy a chat and a coffee with other members after a class or before a swim.

### **Membership Discounts**

Membership of the Leisure Club & Spa entitles you to a discount off Spa treatments and meals in either of Moor Hall's two restaurants, plus the Terrace and Bar menu.

### **Social Events**

We hold regular events and activities for our members.

### **Free Parking**

Last but not least, members can park completely free!

\*A small charge may apply for specialised classes.

# Membership Fees 2009

## JOINING FEE

A one off joining fee of £99 is applicable to new members (adults only). Although existing members will not be charged when renewing their membership, the joining fee will apply if a membership lapses for 6 months or more.

Two fitness assessments per year are included within the membership fees quoted below.

## FULL MEMBERSHIP

This allows enjoyment of the Club's facilities at all times.

	6 mths	12mths	Mthly/D.D.
Single	£338	£621	£58
Joint*	£579	£1022	£100
Junior (0-17yrs inclusive)	£93	£188	£19

\*A joint membership can only apply to partners living at the same address or to two immediate family members.

## WEEKDAY MEMBERSHIP

This allows full use of the Club's facilities between the hours of 8.00am and 4.00pm, Monday to Friday.

	6 mths	12mths	Mthly/D.D.
Single	£243	£441	£44.50

## JUNIOR MEMBERS

Junior members will be defined as 0-17 years inclusive. All Junior members up to the age of 14 years must be accompanied by an adult. Junior members are not allowed in the gymnasium and are subject to the restrictions listed in the Club rules.

## CORPORATE MEMBERSHIP

This is applicable to five named employees of a company and allows full use of the facilities throughout the opening hours. Please contact the Club Manager for further details.

## MEMBERSHIP GUEST FEE

Adults	£8.50
Children, 17 and under	£4.50

We offer two payment methods:

### PAYING MONTHLY BY DIRECT DEBIT

Your appropriate monthly fee will be debited from your account on the first working day of each month.

### PAYING IN ADVANCE

You can pay in advance for a 6 or 12 month period.

Please note that refunds are not given once payment has been made.

# Application For Membership

A separate completed application form is required for each individual member whether included on a joint, family or corporate membership.

Surname: \_\_\_\_\_ Forename: Mr/Mrs/Miss/Master/Ms \_\_\_\_\_  
(for joint & corporate memberships, please enter all party names below).

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Occupation: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Type of membership applied for: \_\_\_\_\_

If this application forms part of a joint, family or corporate membership, please list below the full names of the other persons. Please print the titles, full forenames and surnames.

_____	_____
_____	_____
_____	_____

I/We hereby apply for membership of Moor Hall Leisure Club & Spa commencing on: \_\_\_\_\_

I/We agree that all parties named in this application form have read, understood and agree to abide by the Club rules and any amendments brought to our attention during membership.

As parent/guardian of the above named children I agree to ensure that they will abide by the Club rules.

N/A

Signature: \_\_\_\_\_

## How did you hear about the Club?

Member Referral  Member's Name \_\_\_\_\_

Medical Referral  Advertisement  Hotel  Phone Book  Other  Please state \_\_\_\_\_

A record of your details will be kept at Moor Hall Leisure Club & Spa. From time to time we may wish to send you details of special offers and events from other companies within our group. If you would prefer not to receive this information please tick this box

Please return this completed form to the Manager at the address below.

# Application For Membership

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Name:

Membership Number:

TYPE	COMMENCE	EXPIRE	FEE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

FOR OFFICIAL USE ONLY.



# Rules & Conditions

Membership of the Club is governed by various rules and conditions to ensure that the Club operates efficiently for the benefit of all our members.

## 1. NAME

The name of the Club shall be Moor Hall Leisure Club & Spa.

## 2. OBJECTIVES

The objectives of the Club are to provide for its members the facilities for exercise, leisure and recreation and all other facilities, privileges and advantages usually associated with a club.

## 3. PROPRIETOR

The Club is a proprietary club, the proprietor being Moor Hall Hotel Ltd who shall be responsible for providing the Club facilities.

## 4. MANAGEMENT

The general management of all matters relating to the Club shall be under the control of the Proprietor or the person representing the Proprietor.

## 5. MEMBERSHIP

Any person wishing to become a member must complete the membership form and submit the relevant fee. The Proprietor has the absolute discretion to refuse membership without stated reason and return the residual fee. On acceptance to the Club, a membership card must be shown on each arrival to gain entry.

## 6. REGISTER

The names and addresses of all members will be kept on a register at the Club. From time to time members may receive information from other companies within the group. If you do not wish to receive this information please tick the box on the membership application form.

## 7. ADMISSION

Membership does not entitle a member to admission in the event of the Club premises, or any part of them, being full.

## 8. SUBSCRIPTION

The annual subscription shall be the amount as determined by the Proprietor and shall be payable on the date determined by the Proprietor. This fee is non-refundable. Thirty days notice is required in writing to cancel Direct Debit instructions.

## 9. TERMINATION

The Proprietor may terminate the membership of a member of the Club if his or her subscription has not been paid within 14 days after it is due. Failing to do so will mean rejection under rule 5.

## 10. CESSATION

A member shall cease to be a member of the Club:

10.1 Pursuant to rule 9.

10.2 By resignation which shall be in writing to the Proprietor accompanied by all subscriptions due to the date of such resignation.

10.3 Due to suspension or expulsion as provided in rule 11.

## 11. CONDUCT

The member shall at all times comply with and enjoy membership subject to all regulations issued by the Proprietor and displayed at the Club. The Proprietor shall have the power to reprimand any member or to suspend or expel from membership anyone who acts in breach of the regulations of the Club, or whose conduct on the Club premises shall be prejudicial to the interests of the Club or its members or which in the opinion of the Proprietor renders him or her unfit for membership

Continued overleaf . . .

# Rules & Conditions

## 12. RULES/OPERATING POLICY

The Proprietor may from time to time revoke, vary, add or alter the rules of the Club and shall be the sole authority for interpreting the rules and for the settling of all disputes relating to the affairs of the Club and the conduct of the members or their guests.

## 13. GUESTS

Members are permitted to sign in a maximum of 2 guests at any one time, subject to payment of the appropriate guest fee. Members must accompany their guests at all times and will be responsible for ensuring that their guests observe the Club rules. Members may bring in the same guest only 6 times in the membership year.

## 14. CHILDREN

14.1 Children below 5 are not allowed to use the spa, sauna or steam room. 5-14 year olds must be accompanied in these areas by an adult.

14.2 Children under the age of 14 must be accompanied by an adult at all times.

14.3 Children under the age of 18 are not permitted within the gymnasium or to attend classes.

14.4 Children under the age of 14 may only use the Club at the following times: Monday to Thursday from 9am – 6pm, Friday to Sunday from 9am – 8pm.

## 15. ATTIRE

Correct attire must be worn at all times so as not to cause offence to others, and must be appropriate to each area. Trainers must be worn in the gymnasium at all times. In the interest of hygiene, towels must be placed on the gym equipment before use. In the steam room and sauna costumes must be worn at all times.

## 16. USE

All facilities must be vacated 30 minutes prior to closing time. The Club premises shall then be vacated by closing time. Members must not use the Club premises whilst under the influence of alcohol, anti-coagulants, antihistamines and narcotics. Any member with diabetes, heart disease or high or low blood pressure must seek the advice of their doctor. Written evidence may be requested. Members and guests using the Club do so at their own risk. The Club management accept no responsibility for any injury, loss or damage to persons attending the Club or their property. The Club reserves the right to request documentary evidence of medical fitness before the use of the facilities.

## 17. POOL USE

Members are requested to shower before using the pool, sauna, steam room or spa pool.

Running, jumping and diving are not permitted in the pool area. The use of floats and inflatables in the pool is at the discretion of the Club management. Glass is not allowed outside the designated areas.

## 18. GENERAL

Shaving and the use of additives in the sauna, steam room or poolside area is not permitted.

Smoking is not permitted on the Club premises.

Off peak members may participate in the Club's social and activity programme.

For Health & Safety reasons, the pool, gym and studio will be closed for a period of up to 7 days in a year for routine maintenance. You will be notified well in advance of the dates.



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## MOOR HALL LEISURE CLUB & SPA

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### Opening Hours:

Monday to Saturday: 7am to 10pm, Sunday: 8am to 8pm

### Best Western Premier Moor Hall Hotel & Spa

Moor Hall Drive, Four Oaks, Sutton Coldfield, West Midlands B75 6LN

T: 0121 334 2323 (Leisure Club) T: 0121 308 3751 (Hotel)

E: [leisure@moorhallhotel.co.uk](mailto:leisure@moorhallhotel.co.uk) W: [www.moorhallhotel.co.uk](http://www.moorhallhotel.co.uk)



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