

# [ YOUR PLACE TO TRAIN ]

ST MICHAELS  
HEALTH  
CLUB

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	Monthly		6 Months		12 Months	
	Peak	Off-Peak	Peak	Off-Peak	Peak	Off-Peak
TOTAL ACCESS	£171	-	£966	-	£1884	-
WELLNESS	£114	-	£596	-	£1,139	-
FULLY INCLUSIVE	£72	£56	£368	£294	£704	£557
GYM ONLY	£50	£41	£263	£221	£499	£415
SWIM ONLY	£50	£41	£263	£221	£499	£415
STUDENT	£55	-	£284	-	£540	-
3 YEAR STUDENT MEMBERSHIP £1500						

**£30**  
JOINING  
FEE  
apart from pre-paid  
memberships

**INDIVIDUAL  
CLASSES**  
Non-Member £12

## PERSONAL TRAINING

	Member	Non-Member
1 HOUR	£45	£50
5 SESSIONS	£203	£238
10 SESSIONS	£382	£425
20 SESSIONS	£742	£825

## SWIM LESSONS

	Member	Non-Member
SWIM LESSON 1-1	£25	£28
2-1 SWIM SESSIONS	£17pp	£19pp
10 SWIM SESSIONS	£214	£238

## HEALTH CLUB PASSES

1 MONTH PEAK	£79
ADULT DAY PASS	£20
CHILD DAY PASS	£10
1 WEEK HOLIDAY PASS + TOWEL USE	£50PP
CHILD OF MEMBER & UNDER 2's	£5

## EXTRAS

TENNIS COURT	£8
1 X TOWEL USE	£4
MONTHLY TOWEL USE	£10
CHILDREN ANNUAL SWIM MEMBERSHIP	£175 ( £100 per additional child in family )

# CHOOSING YOUR MEMBERSHIP

## OUR OPENING TIMES

	WEEKDAYS	WEEKENDS
PEAK	6AM-9:30PM	7AM-9PM
OFF PEAK	9AM-3PM	3PM-9PM
CHILD SWIM TIMES	10AM-12PM & 3PM - 6PM	9AM-12PM & 3PM - 6PM

## FULLY INCLUSIVE

Access to the largest and best-equipped health club in Cornwall. Enjoy the indoor swimming pool, gym and over 100 classes a week.

## GYM ONLY

Our Gym Only Membership gives full access to the equipment and space available on the gym floor.

## SWIM ONLY

Our Swim Only Membership gives full access to the 17 metre pool, sauna and steam room.

## WELLNESS

Includes all features of Fully Inclusive Membership, as well as:

One 60 minute Personal Training session per month

One 2 hour Hydrothermal Experience per month

Access to Health Screening consultations  
20% off all spa facials Monday to Friday  
20% off personal training

## TOTAL ACCESS

Includes all features of Fully Inclusive Membership, as well as:

Unlimited Hydrothermal Experience

Unlimited half price guest entry to Hydrothermal Experience

20 % spa treatments

20% discount on personal training sessions and health club retail.

10% discount at our Brasserie on the Bay.

