

SPA & FITNESS TARIFF NORTH LAKES



Peak Membership	Monthly Direct Debit (6-month contract)	Annual (12 Months)
Peak Single	£75	£825
Peak Joint	£140	£1,540
Peak Business	£70	£770

Peak membership entitles you to full use of the Spa facilities during our full opening hours:

Monday to Friday	6am - 9.30pm
Saturday and Sunday	7am - 8pm

Gym Only Membership	Monthly Direct Debit (6-month contract)
	£45

Off-Peak Membership	Monthly Direct Debit (6-month contract)	Annual (12 Months)
Off-Peak Single	£60	£660
Off-Peak Joint	£110	£1,210
Off-Peak Business	£55	£605

Off-peak membership entitles you to full use of the Spa facilities Monday to Friday, 6am - 5pm

Senior Membership	Monthly Direct Debit (6-month contract)	Annual (12 Months)
Senior Single	£55	£605
Senior Joint	£100	£1,100

Senior membership entitles you to full use of the Spa facilities Monday to Friday, 10am - 4pm

Student Membership	Monthly Direct Debit (6-month contract)	Annual (12 Months)
	£63	£693

BOLT-ON OPTIONS

Hotel Membership	Monthly Direct Debit (6-month contract)	Annual (12 Months)
	£10 per member	£120

- 25% discount on food, drink and accommodation across all of the Thwaites hotels
- 2x Spa Taster Treatments per annum
- 12 guest passes
- Advance booking options on hotel social events (must be opted in on email)

PLEASE NOTE: Hotel membership restrictions apply - please refer to the full Spa Membership terms and conditions.

Group Exercise Membership	Monthly Direct Debit (6-month contract)	Annual (12 Months)
	£10 per member	£120

- Full access to our group exercise classes within your chosen membership category
- Online group exercise booking facility

No need to worry about the small details, we've taken care of it - all our Spa Membership options include complimentary towels and a selection of hot beverages on each visit to the Spa.

ADMINISTRATION FEE: An administration fee of £10 per membership applies to all membership options and must be paid in full upon application. Application fees apply to both new and ex-members. Membership terms and conditions apply.

Children	Monthly Direct Debit (6-month contract)	Annual (12 Months)
0-5 Years	£30	£330
6-15 Years	£43	£473

Children access times:

Monday to Thursday	8.30am - 11.30am and 3.30pm - 6.30pm
Friday	8.30am - 11.30am and 3.30pm - 7.30pm
Weekend and Bank Holidays	No Restrictions

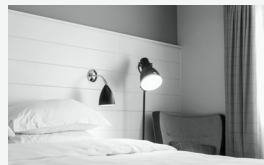
SO MUCH MORE THAN A SPA...

The North Lakes Hotel & Spa has lots to offer – and whether you take the hotel bolt-on or not, you'll always be welcome to enjoy the facilities and events on offer.

- Dine in our FYR Grill restaurant and watch our team of chefs transform ingredients into tempting dishes in the heart of the dining room.
- Wine suppers and gin tastings - educational and great fun.
- A variety of evening entertainment and social events.
- Comfortable guest room offering something for everyone, including dog friendly rooms.
- Event spaces for family celebrations - christenings, weddings and all of life's celebrations.
- Meeting spaces - from 2 to 200 - a great place to focus on the business in hand.

If you've opted for a hotel membership you'll be able to enjoy 25% discount on all food, drink, accommodation, events and spa treatments.*

*Terms and conditions apply



Facilities

- 13m deck level swimming pool with relaxation area.
- Fully equipped air-conditioned exercise area.
- Large whirl-pool.
- Poolside mixed steam room.
- Sauna in each changing area.
- Lounge area with television.
- Air-conditioned spinning and activity studio.

Additional Services and Benefits of Membership

- Fully qualified instructors - REPs registered.
- 25% Spa Members discount (Hotel membership only).
- Complimentary wellness consultations and exercise programme.
- Personal training.*
- Regular activities, social events, seminars and workshops.
- Use of other Thwaites Hotels Spas.

Hotel

Our membership buys you so much more than a healthy lifestyle. One of the benefits of being a Thwaites Hotel Spa member is that you can also enjoy the surroundings and relax in the bar or restaurant.

So whether it's a glass of wine with friends, a cosy supper for two, or a celebration meal to remember - why not make the most of our facilities.

We'd also love to talk to you about your family celebrations, weddings, christenings and other gatherings

*Additional charges apply.

Guests

Members may sign in guests at the rate of £12.50 per adult and £6 per child 6-15yrs and £3 0-5yrs, per visit. Guests are allowed only one visit per month and must adhere to the Terms and Conditions of Spa Membership. Child usage times may vary - please speak to the Spa Manager for more details. Non-members wishing to use the facilities without being accompanied by a Live Spa Member is prohibited.

Membership Bolt-On

Hotel Membership has been designed to ensure that you are able to make the most of our hotel facilities. You're 25% spa members discount is available on food, beverage and accommodation purchase, however there are some terms and conditions in place which must be adhered to:

- Your Spa membership must be in LIVE status in order to take advantage of the Hotel Membership discount.
- All bookings are subject to availability and cannot be used in conjunction with any other offer.
- Hotel membership card numbers must be communicated at the time of making any Hotel reservation, with bookings subject to availability and bookings must be part of the travelling party.
- A maximum of two rooms per membership can be booked on any one day, subject to availability.
- Your Hotel Membership card must be presented on checkout when settling your bill. Failure to do so may result in any discount being removed.
- Hotel membership cards must be presented when purchasing food and beverage within the hotels.
- If dining in the restaurant, tables must be pre-booked up to a maximum of 4-weeks ahead.
- Discount cannot be used in the Hotels when attending any function at the bar, unless agreed in advance with the Hotel General Manager.
- You are eligible to use you're hotel discount when entertaining up to 3 guests per membership, up to a party of 6. Any additional guests will be charged at full rate.
- Hotel membership cannot be used against Spa Membership payments.
- Hotel membership discount cannot be used for Spa Treatment bookings on any Saturday.
- Hotel Membership does not apply to Thwaites Inns and Pubs. Langdale Chase is also excluded between April - October.
- Credit card will be required to guarantee reservation.
- A 10am Cancellation policy on the day of arrival applies or 100% of the first night stay will be charged.

Business Memberships

Available on a limited basis for 6 or more bona fide employees declared by the company with a reduced Joining Fee of £10 per person - please contact the Spa manager for more details. Corporate incentives for employees can be incorporated, dependant upon the number of employees that subscribe.