

## Welcome to The Club at Combe Grove

Thank you for your interest in joining The Club at Combe Grove. Nestled in 70-acres of mature woodland with breathtaking views over the Limpley Stoke Valley, Combe Grove is the perfect environment to nurture your health and wellbeing. The Combe Grove Estate is part of The Elmhurst Foundation, a charitable trust improving health and wellbeing, providing valuable apprenticeships, and benefiting the local community.

# COMBE GROVE

### The Gym

Our modern gym is home to innovative equipment chosen for its sustainability and eco-credentials. Every thought has gone into creating a positive and socially responsible environment to benefit both you and the planet.

The Team will conduct a full gym induction with you on joining, to familiarise you with the equipment. Our friendly coaches are here to offer encouragement and support throughout your induction and future workouts.

### Fitness Assessment

On joining, we offer new members a health and fitness assessment and can design a training plan that is bespoke to you. If you have a specific goal in mind we can work with you on tailoring your routine. The Team is on hand to offer guidance and support.

### Personal Training

Our Team of qualified personal trainers are supported by our valued apprentices. With a range of different interests and areas of expertise, members of The Club can book a 1:1 session\* to support you in your health and wellness goals. With Team members working with GP referrals, we can help you return to fitness post-surgery, with cardio rehabilitation and in support of prediabetes. This can be invaluable for helping you stay motivated and on track with your health and wellness ambitions.

### Studio Classes

We have an extensive studio timetable offering a wide range of classes, both online and in the studio. From cardio fitness to mindful movement there is something to support every wellness goal. Designed to inspire and challenge, classes can be booked online a week in advance. Our popular Les Mills classes are complemented by a range of yoga, pilates and barre sessions. Spin classes take place in the Spin studio on a suite of Life Fitness IC5 Spin bikes.

### Swimming

The indoor pool is 16.6m in length, allowing the whole space to be used for water-based wellness classes when not dedicated to lane swimming. The adjacent steam room and hydrotherapy beds are supplemented by single-sex saunas in the changing rooms. Step outside to find the heated 12m long outdoor pool, perfect for a seasonal dip and to swim surrounded by nature. Open 8am until 6pm.

### Wellness Treatments

The Wellness Treatments at Combe Grove are inspired by the outstanding natural beauty of The Estate. We invite you to enjoy a wellness journey incorporating both mind and body, helping you to slow down, relax and unwind. In our treatments, we use pure, organic products from the South West of England with selected medicinal herbs to support the therapeutic benefit of treatments. Members receive 15% off treatments and therapies.

### Tennis

We have two indoor astro tennis bubbles, newly resurfaced and flood lit for year-round play, as well as an outdoor court, also newly resurfaced. Our collaboration with a local professional tennis coach\* means that members can book tennis coaching sessions for individuals or groups to help improve play no matter what your current skill level.

## Opening Hours

Monday to Friday 6.30 am – 8.00 pm  
Saturday, Sunday and Bank Holidays 8.00 am – 7.00pm

## Membership Benefits

Members of the Club at Combe Grove enjoy five complimentary guest passes, 15% off purchases and benefit from a special Members' Treatment Menu. You will find a copy of this enclosed and can find out more about our range of Wellness Treatments on the website or by emailing the Team on 01225 834644.

Our Memberships Team send regular email newsletters with special offers, news about events and seasonal information. We request your e-mail address so that we can keep in regular contact. Please let the Membership Team know if your details change.

## Contact

Please e-mail Membership enquiries to [theclubsecretary@combegrove.com](mailto:theclubsecretary@combegrove.com)  
For enquiries about the gym, classes and the pools please contact [leisure@combegrove.com](mailto:leisure@combegrove.com) or **01225 838680**  
The Studio Manger can be contacted directly on [jules.lowrie@combegrove.com](mailto:jules.lowrie@combegrove.com)

\* 1:1 personal training sessions and private tennis coaching are not included in the membership price.

	12 Monthly Direct Debits	Availability
<b>Initial Joining Fee (one off payment)</b>	£150	Open
<b>Full Membership</b>	£82.50	Open
<b>Afternoon Membership</b>	£57.75	Category Full
<b>NHS Healthcare, Options Available</b>	£57.75 / £40.42	Open



# THE CLUB AT COMBE GROVE

## Membership Form

Title		Surname	
Forename (s)		Date of birth	
Address			
		Postcode	
Mobile Number		Home Number	
Email			
Interests			

## Emergency Contact

Name		Relation	
Mobile		Other Number	

## How did you hear about us?

Previous Visit		Member referral		Website	
Print		Door drop		Word of mouth	
Facebook / Instagram / Google				Ex-Member	

## Reasons for joining?

Tennis		Swimming		Spinning		Supporting apprenticeships	
Gym		Classes		Social		Price/ Value for money	
Supporting local charity			New to the area			Other: please Specify	

## About You

Full Membership	
Afternoon Membership	
NHS Healthcare	

At times, Combe Grove will send emails to you regarding the Coach House to keep you in the loop with important information about the facilities, such as closures, developments and other announcements. You will not receive any marketing materials via these emails.

## Combe Grove Marketing

Combe Grove offers regular marketing communications for members including the fortnightly newsletter and other notices, which includes special offers, promotions and invitations to events which we hope are of interest to Combe Grove members. Please tick the box below if you would like to sign-up to our marketing.

You can unsubscribe from the Combe Grove marketing at any time, by clicking unsubscribe at the bottom of the email.

Combe Grove will not share your personal membership data with any third parties for marketing purposes. For full details of our Privacy Policy, please visit: [www.combegrove.com/privacy-policy](http://www.combegrove.com/privacy-policy)

By signing you are agreeing to our terms and conditions.

Signature

**Please tick this box to receive our marketing which includes news, offers and events information.**



## HEALTH AND COMMITMENT STATEMENT COMBE GROVE

Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

### Our commitment to you

1. We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the register of exercise professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

**Name**

**Membership Number**

**For completion by those aged 16 or over**

I confirm that I have read and understood the Health Commitment Statement and I will only use equipment that I have been instructed to use.

**Signature**

I have explained to the customer, the Health Commitment Statement and the importance of only using equipment on which they have been given instruction.

**Colleague name**

**Signature**

### Your commitment to us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

**Date of birth**

**Date**

**Date**

