

## Welcome to The Club at Combe Grove

Thank you for choosing to join The Club at Combe Grove – wishing you a very warm welcome. Nestled in 64-acres of mature woodland with breathtaking views over the Limpley Stoke Valley, Combe Grove is the perfect environment to nurture your health and wellbeing.

# COMBE GROVE

### The Gym

Our newly refurbished gym is home to innovative equipment chosen for its sustainability and eco-credentials. From green manufacturing processes and ergonomic design, to British made steel and equipment that harnesses the energy of the user by feeding directly back to the grid. 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 and so that you feel fully confident in using it. Our friendly coaches are here to offer encouragement and support throughout your workouts should you require.

### 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 and 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\* with a trainer 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 diabetes. 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 all wellness goals. 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 the same depth throughout, 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 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 elemental wisdom of the land. Our holistic approach to wellbeing is influenced by both ancient healing wisdom and the best of modern science, both in the treatments that we offer and the products that we use to support our therapies. Members enjoy their own treatment menu, which includes a range of touch therapies in support of physical health, and special member days.

### Tennis

In addition to our newly resurfaced outdoor court, the two indoor courts enable year-round play. 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 in the restaurant 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.

Keep in touch

Our Memberships Team send regular email newsletters with special offers, news about events, and information on things we hope you find of interest. We will ask you for your e-mail address in order that we can keep in regular contact with you. 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
<b>Initial Joining Fee (one off payment)</b>	£150
<b>Full Membership</b>	£75
<b>Afternoon Membership Monday - Sunday 12pm - 5pm</b>	£52.50



# THE CLUB AT COMBE GROVE

## Membership Form

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

## Emergency Contact

Name		Relation	
Mobile		Other Number	

## How did you hear about us?

Staying guest		Member referral		Website	
Open day / Weekend		Door drop		Word of mouth	
Magazine / Insert / Leaflet				Ex-Member	
Please circle	Facebook / Instagram / Google				
Please circle	Bath Life / The Bath Magazine / Circus Journal / Other				

## About You

Full Membership	
Afternoon Membership Monday - Sunday 12pm - 5pm	

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 Members' Newsletter

Combe Grove also has a regular Members' Newsletter, which includes special offers, promotions and invitations to events. It also includes articles and news, which we hope are of interest to Combe Grove members. Please tick the box below if you would like to sign-up to the Members' Newsletter.

You can unsubscribe from the Combe Grove Members' Newsletter 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)

Signature



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

## For office use only

Membership number			
Joining fee amount		Paid	
Pro rata amount		Paid	
Direct Debit amount		Due	
Membership band given			
Membership activated on Premier			
Email address added to mailing list			
Member list updated			
Welcome email sent			
Staff name			



## 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 unstructed 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 insruction.

**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**

# COMBE GROVE



## Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the whole form using a ball point pen and send it to:

The Elmhurst Foundation  
Combe Grove Hotel  
Brassknocker Hill  
BATH  
BA2 7HS

Service user number

5 0 5 1 2 9

For The Elmhurst Foundation official use only  
This is not part of the instruction to your bank or building society.

Name(s) of Account Holder(s)

  

Bank/Building Society account number

  

Branch Sort Code

  

Name and full postal address of your Bank or Building Society

To: The Manager

Bank/building society

Address

Postcode

Reference

### Instruction to your Bank or Building Society

Please pay The Elmhurst Foundation Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with The Elmhurst Foundation and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)

Date

Banks and Building Societies may not accept Direct Debit Instructions for some types of account

DDI 1 3/20

This guarantee should be detached and retained by the payer.

## The Direct Debit Guarantee

- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit The Elmhurst Foundation will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request The Elmhurst Foundation to collect a payment, confirmation of the amount and date will be given to you at the time of the request
- If an error is made in the payment of your Direct Debit, by The Elmhurst Foundation or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society
- If you receive a refund you are not entitled to, you must pay it back when The Elmhurst Foundation asks you to
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

## **The Elmhurst Foundation at Combe Grove**

The Elmhurst Foundation was set up by Helen Aylward Smith in 2008 with the charitable objectives of advancing knowledge and education of health and wellness, sharing this knowledge and its benefits with the local community and creating a range of high-quality apprenticeships for local people.

In March 2017, The Elmhurst Foundation became the guardian of The Combe Grove Estate, allowing it to begin to realise its ambitions and objectives. The Apprenticeship programme is well underway with degree level apprentices working across both business and service disciplines from sales and marketing to cooking and wellness.

During their time with Combe Grove, the apprentices have the opportunity to explore different career paths, to learn about wellbeing, and to provide public benefit to the local community through charitable work. Each Apprenticeship includes an element of community service, organised by us, relating to their chosen discipline. The Elmhurst Foundation has started to form partnerships with local charities and privately-owned businesses that employ apprentices and who are thoughtful of their contribution to the community and impact on the environment, in order to help us develop this purpose.

Until recently Combe Grove operated as hotel. In 2021, the journey to becoming a centre for wellness will continue apace, making the very most of the 64-acre woodland estate and all that it has to offer in support of physical and mental health. The focus on holistic health and wellbeing will be in line with the already strong fitness offering at Combe Grove.

By supporting the Elmhurst Foundation, members, staying guests, neighbours, friends and volunteers all provide the infrastructure and financial means to ensure the charitable objectives continue to be met.

For more information visit [www.combegrove.com](http://www.combegrove.com)

