



WELCOME TO 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.

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.

Induction and Programme

Included as part of the joining fee, 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.

New members are also offered a health and fitness assessment to develop 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.

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 Monday – Friday between 6.30 am – 7.30 pm and weekends and bank holidays between 8 am – 6.30 pm.

Wellness Treatments

At Combe Grove we hold a team of 12 world-class Holistic Practitioners practicing in Acupuncture, Cranial Sacral Osteopathy, Emotional Freedom Technique, Herbal Medicine, Structural Integration, Naturopathy, Physiotherapy, Reflexology, Kinesiology and Shiatsu.

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.

Membership Benefits

Members of the Club enjoy five complimentary guest passes per year and 15% off food and drink in The Map Room. We also hold seasonal member's veg sales with delicious, nutritional produce from the Kitchen Garden. Explore the range of Wellness Treatments and Therapies, or food menus at combegrove.com

Opening Hours

Monday to Friday
6.30 am - 8.00 pm

Saturday, Sunday &
Bank Holidays
8.00 am - 7.00 pm

FIND . KNOW . HEAL YOURSELF .



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Contact

Please e-mail Membership enquiries to theclubsecretary@combegrove.com or by calling **01225 838680**.

** Private tennis coaching is not included in the membership price*

The Combe Grove app for Booking Classes Online

We use Mindbody as our membership platform.

Book classes and tennis courts through either **combegrove.com/book-a-class/** or the dedicated Combe Grove app.

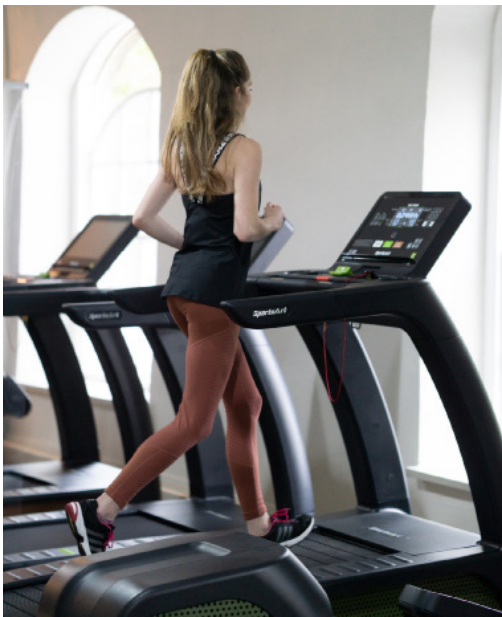
The Combe Grove app offers a seamless experience. To access it, simply head to the Apple App Store or Google Play store, and search for 'Combe Grove' to download.

When you first log in to the app, you may need to set your password if you haven't already done so through the verification email.

To do this, follow these steps:

- Open the app and click on 'Sign in',
- Select 'Forgotten your password?'
- Make sure to use the same email address that is linked to your Combe Grove account in order to set your password correctly.
- Once changed you can sign in and explore what is on offer.

Booking slots for classes and Tennis will open at 6.30am, seven days in advance.



Membership Monthly Fees

Your Membership

	Prices	Please Tick
Initial Joining Fee (one off payment)	£150	
Full Membership	£92.50	
Zest Membership (70 and over)	£65.00	
NHS Healthcare Staff Full Membership No joining fee	£65.00	
NHS Healthcare Staff Afternoon Membership No joining fee	£45.00	

Membership Annual Fees

	Prices	Please Tick
Initial Joining Fee (one off payment)	£150	
Full Membership	£1050.00	
Zest Membership (70 and over)	£750.00	
NHS Healthcare Staff Full Membership No joining fee	£750.00	
NHS Healthcare Staff Afternoon Membership No joining fee	£510.00	

All memberships are for an initial contract term of 12 months, please refer to the terms & conditions for our cancellation policy.

Your Combe Grove Direct Debit will show on your bank statement as "STRIPE RE Mindbody."

Membership Form

Title	Surname
Forename (s)	Date of birth

Address	
	Postcode

Mobile & 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

Reason for joining?

Tennis Swimming Spinning Gym Classes
Supporting apprenticeships Social Value for money
New to the area Supporting local charity Other

Emails

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.

You will also receive email or text message confirmations for class or appointment bookings.

Combe Grove Marketing

Combe Grove offers regular marketing communications for members including a weekly bulletin, monthly newsletter and other notices, which include special offers, promotions and invitations to events which we hope are of interest to Combe Grove members.

You can unsubscribe from the Combe Grove marketing at any time, by clicking unsubscribe at the bottom of the email or through your Combe Grove Mindbody profile.

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:

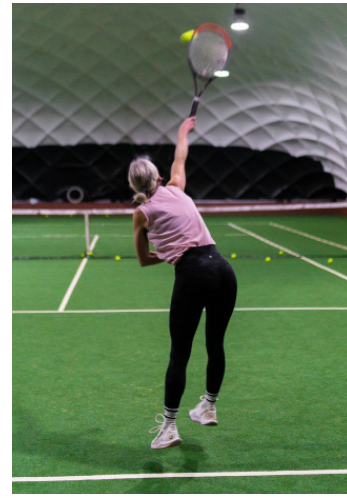
www.combegrove.com/privacy-policy

By signing you are agreeing to our terms and conditions.

Signature

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.



FIND . KNOW . HEAL YOURSELF .

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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.

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.

Name	Date of Birth
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	Date
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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	Date
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