



Fitness Brochure

Welcome

...to the Esprit Fitness and Spa, a unique club designed with you and your every comfort in mind, and dedicated to offering a friendly and personal level of service in ultra-contemporary vibrant surroundings.

Whether you want to lose weight, build up your strength and fitness, pamper yourself to celebrate a special occasion, or simply maintain a healthy lifestyle, Esprit can fulfil your needs.

Located in the New Generation Four Star Holiday Inn Reading M4 Jct 10, in Winnersh Triangle, the Esprit Fitness and Spa is ideally located for corporate and private members alike. Conveniently situated between Wokingham, Bracknell and Reading, Esprit serves hotel guests and club members.

It is quite simply one of the finest facilities of its kind in the area.



FITNESS

The brand new air conditioned gym is equipped with the latest Life Fitness equipment to ensure that you always get the most from your workouts.

The Club's highly qualified exercise trainers are available to advise and motivate you at all times, with in-depth knowledge of all aspects of health and fitness, and available to manage and design fitness programs and offer extra support and encouragement as required.



POOL

Plunge into the crystal clear water at Esprit. For you and your family, Esprit offers a 19 meter indoor swimming pool and relaxing pool area with comfortable loungers to relax and enjoy the sunshine. The Esprit Fitness and Spa is an oasis of peace and tranquillity that offers an escape from the stresses of daily life.

SAUNA AND STEAM ROOM

The aromatic Steam with starry night ceiling and Finnish Sauna, heated to your choice of temperature, will melt all your stress and tightness. Relax and enjoy their miraculous calmness and cleansing power.

To complement the Spa facilities, the Club also offers a wide range of Treatment packages including massages, facials, manicures, pedicures and many other treatments of the highest quality. Why not relax and be pampered at Esprit.



OPENING TIMES

Monday to Friday 06:30-22:00
Saturday & Sunday 07:00-22:00

OFF PEAK TIMES

Monday to Friday 09:30-16:30
Saturday & Sunday 07:00-10:00

CHILDREN'S HOURS:-

Monday to Friday 09:00 - 13:00 & 14:30 - 17:00
Saturday & Sunday 09:00 - 13:00 & 15:00 - 18:00

ESPRIT MEMBERSHIP BENEFITS

- Free lifestyle consultation and personalised program updated regularly
- Complimentary towel & Gilchrist & Soames toiletries
- 10% discount on food and beverage purchased at the hotel in either Monty's Bar and Lounge or Caprice Restaurant & consumed by the Esprit member

MEMBERSHIPS AVAILABLE:

Individual Joint Corporate Off Peak

All memberships are for a minimum 12 month period and are payable annually in advance or by monthly installments by standing order.

CLUB MEMBERSHIP PRICES

Monthly by Standing Order

Individual	£55
Joint	£90
Child	£10

Monthly by Standing Order

OFF PEAK

Individual	£40
Joint	£70
Child	£10

* Corporate memberships available on request

MEMBERSHIP CATEGORIES

Individual - An individual member with unlimited use of all the Club facilities

Joint - Two members who are married or partners living at the same address

Corporate - A minimum of 10 individuals in an organisation

Off Peak - Use of Club facilities during off peak times

Child - Children aged 3-15



DAY SPA

This Spa treatment, like all Esprit Health and Fitness Club packages, entitles you to full use of all the Club's facilities. It makes an ideal introduction to the delights on offer at the Club, lunch in the vibrant Caprice Restaurant and a 30 minute Treatment of your choice

£50

SOLO SPA

Overnight accommodation in one of our new spacious contemporary rooms, full English Breakfast, and a 30 minute Treatment

£179

PURE INDULGENCE

Overnight accommodation for 2 in one of our vibrant new rooms, full English Breakfast, and one 30 minute Treatment per person

£205

Please note: A minimum of 24 hour's notice of cancellation of Spa treatments is required for bookings to avoid a cancellation charge.

TERMS & CONDITIONS

Arrivals

Please arrive 10 minutes or so before your booked appointment; this provides you time to complete any client questionnaire and to allow yourself time to relax before your therapist begins your treatment.

Late Arrivals

If you are unable to make your appointment on time, please contact us as soon as possible. We will always try to be flexible and will endeavour to carry out a full treatment if able to, but may shorten it if this is not possible. If you require to cancel part of your treatment please let us know at least 24 hours in advance. The treatment will be charged for if it is cancelled on the day or with less than 24 hours notice.

Missed Appointments

If you are unable to keep an appointment please let us know as soon as possible to re-schedule. Unfortunately if the appointment is cancelled with less than 24 hour's notice, there will be a 50% cancellation fee. If the appointment is missed then the full price will be charged. If the appointment missed or cancelled is part of a course then it will be counted as taken.

Courses and Vouchers

All courses and voucher payments are to be paid for on commencement. Courses are non-refundable and must be taken within 12 months, and vouchers within 6 months.

Buy a course of 5 and receive the 6th treatment free.

Treatment Duration

All treatment times are a guide only and include client preparation.

SPA TREATMENTS

MASSAGE

Indulgent Full Body Massage 55 mins £55

A truly relaxing treatment for the whole body. Using natural oils, this massage uses light pressure point movements.

Aromatherapy Back & Shoulder Massage 25 mins £30

Total relaxation, this is an intensive massage for the whole of the back & shoulders with a natural oil massage, using light pressure point movements.

Esprit Rejuvenating Massage 55 mins £55

This full body massage uses relaxing and stimulating movements to relieve tension, improve circulation and remove toxins from the body.

Meridian Back, Neck & Shoulder Massage 25 mins £30

A totally relaxing and de-stressing treatment for your back, neck & shoulders.

Double Indulgence 55 mins £90

A treatment where both guests can relax and de-stress at the same time with a shared room massage.

Indian Head Massage 25 mins £30

Forget all about life with a relaxing head & shoulder treatment.

Esprit Rejuvenating Leg Massage 10 mins £15

A treatment to rejuvenate your tired legs.

FACE

Indulgence Facial 55 mins £55

A relaxing treatment to improve the appearance and texture of your skin. Includes cleanse, tone, exfoliate, face, neck and shoulder massage, mask and moisturise.

Mini Facial 25 mins £30

HAND & FEET

Manicure 45 mins £35

Includes cut, file, exfoliate, cuticle work, massage, mask and paint.

Pedicure 55 mins £40

Includes cut, file, hard skin removal, exfoliate, cuticle work, massage, mask and paint.

Shape and Polish 25mins £15

WAXING

1/2 leg 30 mins £18

Full leg 45 mins £24

Bikini 15 mins £15

Eyebrows 15 mins £12

Underarm 15 mins £10

Lip or chin 15 mins £8

Lip and chin 15 mins £14

EYES

Eyebrow tint 15 mins £10

Eyelash tint 25 mins £15

Eyelash and brow tint £23



Esprit Fitness & Spa Terms & Conditions

Joining the Membership Fees

Joining and Membership fees shall be fixed by the Club and may be altered at any time. Members will be notified (by way of the members' notice board in the Club) of any changes in the fees prior to the date of the alteration.

All membership applications must be on the forms provided by the Club and Applicants may be subject to an interview at the discretion of the Club. The Club reserves the right to reject an application for membership, or refuse admission, without ascribing any reason for doing so. The Club reserves the right to revoke or refuse a membership without reason. The Club reserves the right to terminate a membership without reimbursement if a member fails to notify the Club of any relevant medical conditions. On acceptance of an application, a Member will be provided with a membership card that will remain the property of the Club, and upon termination of membership the card is returnable to the Club. Membership fees are payable annually or by means of a standing order system monthly in advance or as altered by the Club. The joining fee and the first month's payment must be received prior to the commencement of any membership. Members will be required to join for a minimum period of twelve months and to pay annually in advance or by standing order monthly in advance. After any lapsed period, members will be required to pay an administration fee or joining fee to re-commence their membership. The standing order is required to be established on an ongoing basis. It is the member's responsibility to ensure that they cancel their own standing order at the time of termination of any membership. Joining and Membership fees are non refundable under any circumstances. Any payment failure by the due date will result in an administration charge being levied. Monthly membership subscriptions must be paid irrespective of whether the member uses the facilities. Membership fees are subject to periodic increases which are normally annual.

Membership Transferability

Memberships are strictly non-transferable between individuals.

Membership Cards

Members must carry their cards when visiting the Club and show them to the Club reception or members of Club Management on arrival and when asked to do so. The club reserves the right to refuse entrance to the facility without a membership card. The loss of a card must be reported immediately to the Club reception and an administration fee of £10 per replacement card may be charged. Any misuse of membership cards will result in an immediate cancellation of a membership without refund of the joining fee or any subscriptions already paid.

Children

Children and young adults may only use the facilities during the published usage times. Children under the age of 15 may only use the Club provided they are accompanied by an adult at all times and it is the responsibility of the adult to supervise them at all times. Children aged 3 to 15 years are not permitted to use any fitness/aerobic facilities at any time unless part of a supervised Club activity. The Club at all times reserves the right to refuse and /or eject children in case of inappropriate behaviour or conduct. Children under 3 are not allowed in the pool.

Cancellation of your Membership

When joining Esprit, members agree to a minimum membership period of 12 months. A Member can not cancel their membership during the initial term. If a Member wishes to cancel their membership after the initial term, a full month's written notice is required.

Dress Codes

Members and their guests are asked to wear a form of clothing appropriate to the time of day and place on all occasions. Shirts must be worn at all times. Footwear must be worn at all times, particularly in the gym, or access will be denied. Soiled sport shoes will not be permitted. Members and guests are requested not to use the hotel facilities in leisure wear eg. Tracksuits, workout clothing or bath robes.

Guests

Only Family Members may be introduced as Guests. All guests must be accompanied by the Member introducing them. Both the Member and the Guest must sign in at Reception by completing a Guest Registration Form and pay the Guest fee on each occasion. A maximum of two guests per member are permitted at any one time. Members must ensure that their Guests abide the Rules of the Club at all times and accept responsibility for their Guest's behaviour or for the cost of any damage caused by their Guests. No person whose membership of the Club has been terminated or whose application for membership has at any time been refused, shall be admitted as a Guest. The Club reserves the right to refuse any person to be admitted as a Guest to the Club.

Swimming Pool

No running, jumping or diving in the pool is allowed. For reasons of health and hygiene, it is necessary for all Members and Guests to shower before entering the pool. Radios or anything which the Club in its discretion considers to be detrimental to the use of the pool and its environment, are not permitted. Members and guests are asked to wear conventional swimming costumes only. The pool is unsupervised at all times. No food or drink is to be taken into or consumed in the pool area or the Club in its entirety. No ball games are allowed in the pool area. The Club will not accept liability for members or guests if an accident should occur whilst on poolside or using any of the poolside facilities, due to the guest not wearing a specific pool shoe.

Sauna/ Steam room

Children under the age of 12 years are not permitted to use these facilities. Members and Guests must shower after using the Sauna and Steam Room and before using the Swimming Pool. Shaving is not permitted in the Sauna or Steam Room.

Rules shall be determined by the Club Manager, whose decision shall be final. The Club reserves the right to amend these Rules and all tariff changes at any time and without notice to individual Members, although notification of the change will be displayed on the Club notice board. If any provision in these rules is declared illegal or otherwise unenforceable, the remaining provisions shall remain in full force and effect.

A copy of the Esprit full terms & conditions is available on request.



**Esprit Fitness and Spa @ Holiday Inn Reading M4 Jct10,
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