

Membership type	Times	Cost
Off Peak Membership (Monthly)	Mon - Fri 6.30am - 5.00pm Sun 12.00pm - 8.00pm	Individual - £51 per month Couple - £89 per month
Peak Membership (Monthly)	Mon - Fri 6.30am - 9.30pm Sat - Sun 8.00am - 8.00pm	Individual - £67 per month Couple - £118 per month
Annual Membership (1 month free)	Dependent on Peak or Off Peak, as above	Off Peak: Individual - £558 Couple - £981 Peak: Individual - £739 Couple - £1293

Membership Prices

We do have an administrative joining fee and this is £100 per Individual Membership or £150 per Couple Membership. Please note you are not tied to any long-term Contracts.

Membership benefits include:

- Free Fitness Studio classes and aqua aerobic classes in the pool
- 10% off all non-alcoholic drinks in Roxana Bar and Squires Restaurant
 - 10% discount at The Spa at Bedford Lodge Hotel
 - 20% off all food in Roxana Bar and Squires Restaurant

Our facilities include a 15 metre swimming pool Steam Room, Sauna, Hot Tub and fully equipped with Life Fitness equipment, air-conditioned Gym. We offer free gym inductions followed by your own personal fitness programme.

Please be aware that should you need to cancel your Membership you need to give us 30 days notice, either by letter, e-mail or at The Club reception where you would fill in a cancellation form.

Thank you once again for your interest and we look forward to hearing from you soon.

Please feel free to visit the Health & Fitness Club and see the facilities