

# MEMBERSHIP OPTIONS

**MEMBERSHIP@STMICHAELSRESORT.COM**  
**STMICHAELSRESORT.COM/HEALTH-CLUB/MEMBERSHIP**



## FULLY INCLUSIVE MEMBERSHIP

Our Fully Inclusive Health Club Membership includes access to the gym, swimming pool, fitness classes and equipment in our health club, including;

Concept2 pm5 rowing machines | Keiser M3i Spin Bikes | Matrix treadmills | Matrix Cross Trainers | Matrix Bikes | Rogue Ohio Bars & Bumper Plates | Mobility & Rehab Equipment | 6metre Escape Rig | Technogym Resistance Machines | Technogym Dumbbells up to 50kg | Escape Functional Equipment | Sprint Track with Prowler Sledge

## GYM ONLY

Our Gym Only Membership gives full access to the equipment and space available on the gym floor.

315 sp.m Gym | Gig Rowing Studio | Fitness Studio

## SWIM ONLY

Our Swim Only Membership gives full access to the following;

17 metre pool | Experience Shower inc. ice bucket | Heated Relaxation Area | Sauna | Steam Room | Waterfall | Massager Jets

## WELLNESS MEMBERSHIP

Our Fully Inclusive Health Club membership, additional fitness exclusives and healing hydrothermal spa access work together in synergy to create the ultimate wellness experience. As well as receiving access to all of the features in our Fully Inclusive Membership, the Wellness Membership contains;

- 1 x 60 minute Personal Training session per month
- 1 x 3 hour Hydrothermal experience per month
- Access to Health Screening consultations
- 20% off all spa facials Monday to Friday

# OUR MEMBERSHIPS

MEMBERSHIP LEVEL	Monthly direct debit		Pre- Paid: 6 months		Pre- Paid: 12 months	
	Peak	Off-Peak	Peak	Off-Peak	Peak	Off-Peak
WELLNESS	£94	-	£541	-	£1034	-
FULLY INCLUSIVE	£58	£46	£334	£265	£638	£506
GYM ONLY	£41	£34	£236	£196	£451	£374
SWIM ONLY	£41	£34	£236	£196	£451	£374
STUDENT	£46	£41	£257	£228	-	-
CHILDREN ANNUAL SWIM MEMBERSHIP	£175 (£100 per additional child in family)					

## HEALTH CLUB PASSES

1 MONTH	£63
1 WEEK	£37
CHILD OF A MEMBER	£5
UNDER 2	£5

## INDIVIDUAL CLASS SUPPLEMENT

SWIM / GYM ONLY MEMBER	£6
GUEST	£10
SWIMMING LESSON 1-1	£25
10 SESSIONS	£225

## PERSONAL TRAINING

MEMBER / NON-MEMBER	
1 HOUR	£40 / £44
5 SESSIONS	£180 / £198
10 SESSIONS	£360 / £400
20 SESSIONS	£600 / £660

## TENNIS

MEMBER COURT HIRE	£6
GUEST COURT HIRE	£6
1-1 / 1-2 LESSON	£50 / £30 (per person)
1-3 / 1-4 LESSON	£25 / £20 (per person)

## OPENING TIMES

	WEEKDAYS	WEEKENDS
PEAK	6am - 9.30pm	7am - 9pm
OFF PEAK	9am - 4pm	3pm - 9pm
CHILD SWIM TIMES	10am-12pm & 3pm-6pm	9am-12pm & 3pm-6pm