



The Trinity Centre Healthclub

Membership Information

**Thank you for your interest in membership at The Trinity Centre Health & Fitness Club.
We hope the club and the team can inspire you to achieve your
exercise and healthy lifestyle goals!**

MEMBERSHIP INCLUDES

- **One to one gym sessions:** Why not let a highly qualified member of staff set you a realistic and achievable programme for the gym and studio. This will be updated approximately every 6-8 weeks to keep you motivated.
- **Complimentary fitness tests:** Find out your blood pressure and a whole range of important completely non evasive body measures.
- **Studio classes:** A great way to exercise with an instructor who will ensure you get the most out of the class.
- **Squash courts:** Twenty-four, seven access to our squash courts situated opposite the club. We even pay for the lights!
- **Sauna, steam room and spa bath:** Joining the club is not all about sweating and hard work.

HEALTH SCREEN

- **Health questionnaire:** All new members will be asked to complete a pre-exercise.
- **Health check:** Any one new to the club will be required to have their blood pressure checked or have an up to date doctor's note indicating that they are fine to exercise. Anyone that we feel may not be well enough to exercise will be sent away and asked to bring a signed doctor's note indicating that they are well enough to exercise.
- **Gym induction:** All members and non members must have an induction to familiarise themselves with the equipment and club rules. No one will be allowed to use the club until this has happened and all inductions must be booked.

OPENING TIMES

- Monday – Friday 06.30am – 9.00pm
- Saturday & Sunday 08.00am – 14.00pm
- Closed Bank Holidays

The Trinity Centre Health Club
24 Cambridge Science Park, Milton Road, Cambridge CB4 0FN
Tel: 01223 395 675 - Fax: 01223 395 827
Email: healthclub@thetrinitycentre.com
www.thetrinitycentre.com

MEMBERSHIP PRICES

● **Full Membership:**

Option 1 - £39 per month payable by direct debit
Option 2 - 6 months £200
Option 3 - 12 months £400

● **Corporate Membership:**

Option 1 - £30 per month payable by direct debit
Option 2 - 6 months £180
Option 3 - 12 months £360

*Must have 5 or more employees from a company
Should a company wish to pay for their employees' memberships
different ways of payment can be sorted out*

● **Off Peak Membership:**

Option 1 - £28 per month payable by direct debit
Option 2 - 6 months £150
Option 3 - 12 months £300

Use of the club between the hours of:
Monday to Friday 9.00 to 11.00, 14.00 to 16.00, 19.00 to 21.00
Saturday & Sunday 08.00 to 14.00

*All off peak members must have left the club by peak hours
Does not include studio classes*

● **Studio Class Membership:**

Option 1 - £24 per month payable by direct debit
Option 2 - 6 months £130
Option 3 - 12 months £250

*This membership does not include the gym, squash, spa, sauna,
steam or martial arts classes but all other classes on the timetable.
Booking is essential.*

● **Guest fee:** £7 per person

● **Single Class Fee:** £4 per person

● **Wet Room Use:** £4 per person

**For more information or to book a tour of the club please
contact us on 01223 395675**

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