



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 invasive body measures.
- **Studio classes:** A great way to exercise with an instructor who will ensure you get the most out of the class.
- **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 questionnaire. .
- **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

MEMBERSHIPS

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

- **Full Membership:** Option 1 - £41.50 per month payable by direct debit
Option 2 - 6 months £215
Option 3 - 12 months £430
- **Corporate Membership:** Option 1 - £32.50 per month payable by direct debit
Option 2 - 6 months £195
Option 3 - 12 months £390

*Must have 5 or more employees to qualify
Should a company wish to pay for their employees' memberships
alternative methods of payment can be arranged*
- **Off Peak Membership:** Option 1 - £30.50 per month payable by direct debit
Option 2 - 6 months £165
Option 3 - 12 months £330

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*
- **Student Membership:** Option 1 - £27.50 per month payable by direct debit
Option 2 - 6 months £165
Option 3 - 12 months £330

*An NUS Student card will be required as proof.
Members must be 18 years or over*
- **Over 60's Membership:** Option 1 - £27.50 per month payable by direct debit
Option 2 - 6 months £165
Option 3 - 12 months £330
- **Couples Membership:** Option 1 - £67.50 per month payable by direct debit
Option 2 - 6 month £375
Option 3 - 12 months £750
- **Studio Class Membership:** Option 1 - £26.50 per month payable by direct debit
Option 2 - 6 months £145
Option 3 - 12 months £280

*This membership does not include the gym, spa, sauna,
steam or martial arts classes. Booking is essential.*
- **Guest fee:** £7.50 per person (corporate companies only)
- **Single Class Fee:** £4.50 per person

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

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