

SQUASH MEMBERSHIP

We are proud to be the home of Abbotsley Squash Club, one of Cambridgeshire's most established clubs that has been in existence for over 30 years.

With 4 courts, the squash club has an active membership which holds tournaments and weekly club nights, as well as running 3 teams in the local leagues.

Squash Club Annual Fees:

Single	£77 (plus £6 England Squash Fee)
Juniors	£15 (age 15 and under)

Court Fees:

Members:	£3 per session
Non members:	£5 per session

Want to join or know more?

For an informal, no-obligation look around the Health Club with one of our staff, please phone us on **01480 408900**.

Or alternatively, use this flyer as a

ONE DAY GUEST PASS*

and see how we can help you achieve your fitness goals.

* *Must be booked in advance and used only once per person.*



HEALTH & FITNESS CLUB



MEMBERSHIP INFORMATION

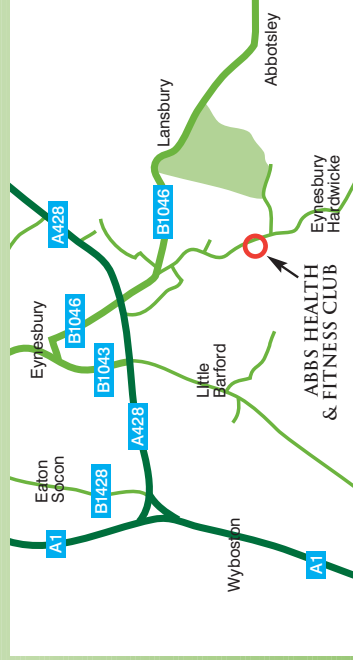
For further information on our classes and our opening times please visit our website

Abbotsley Golf Hotel is a trading name of Abbotsley Golf and Squash Club Ltd

ABBS HEALTH & FITNESS CLUB

Located at Cromwell Golf Clubhouse

Eynesbury Hardwicke • St Neots
Cambridgeshire • PE19 6XN
Tel: 01480 408900 • Fax: 01480 471018
Email: gym@abbotsley.com



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FACILITIES

Our gym is fully equipped with all the latest equipment you would expect to find in a modern gym, including the latest Cybex exercise equipment:

- Cross trainers
- Treadmills
- Exercise bikes
- Rowing machines
- Stepper
- Cable and resistance machines
- Free weights
- Smith press
- 4 squash courts including one glass backed court

Our staff are professionally qualified to advise you on any aspect of your fitness, and are experienced in helping a wide range of people achieve their goals. Whether you are a first-time user or have been working out for years, our staff are available to make your time in the gym as productive as possible.

After your workout, why not take advantage of the Beauty and Holistic Therapy Salon which is also on site? See www.thenaturalexperience.co.uk for further details.

FITNESS MEMBERSHIP BENEFITS

Your initial joining fee includes all the following with one of our professional staff:

- **Free Fitness Assessment**
We discuss your lifestyle and help you plan how you will achieve your personal targets.
- **Personal CV Induction**
We help you to fully understand how the cardiovascular machines work and establish your current fitness level relative to the goals you want to achieve.
- **Resistance Induction**
As above with the resistance machines and free weights.
- **Personal Fitness Programme**
We help you develop your own tailor-made training schedule.
- **Free Programme Re-assessment**
To review your progress and help re-invigorate your training.
- Discounted use of our 4 squash courts £3 per session.

FITNESS MEMBERSHIP PRICES

Joining Fee (includes benefits as listed)

Single	£25
Joint	£50

Peak Membership (anytime)

Single	Monthly	Annual
Joint	£30	£330
	£54	£594

Off-Peak Membership (Monday-Friday 0900-1700)

Single	Monthly	Annual
Joint	£22	£242
	£44	£484

Personal training is also available with our qualified instructors to give you that extra motivation and support to achieve your fitness goals.



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www.abbotsley.com