

Spa Naturel Fitness

Welcome to Wellness!

Congratulations on making the first step to having a healthy lifestyle!
Firstly, we would like to thank you for making the right decision by joining Spa Naturel Fitness.

As a member of Spa Naturel Fitness you have given yourself the chance to experience many different ways of getting yourself in shape as well as enhancing your personal wellbeing.

Please find enclosed your 'Welcome Pack' which is full of information to help you in and around the club. With our extensive range of beauty treatments, modern gym technology and our highly trained team, we are confident that we can help you get the most out of your experience here at Spa Naturel.

At Spa Naturel Fitness our priority is for everyone to enjoy all of the bespoke and relaxing experiences we have on offer and hope that you enjoy the club over the coming weeks, months and hopefully years. If you have any queries about anything contained within this pack, please ask a member of the reception team, alternatively you can contact the team via:

Telephone: 01706 516710

Email: spanaturel@nortongrangehotel.com

We look forward to seeing you very soon!

Spa Naturel Fitness- A guide to our Services and Facilities

Opening Hours: *(last entry 45 minutes before closing)*

Monday – Friday	06:30 - 22.00
Saturday	07.00 - 20.00
Sunday	07.00 - 19.00

Children *(under 16 years of age)*

Due to health and safety reasons, children are only permitted to use the swimming pool and must be accompanied by an adult at all times.

Children's Swimming Times are as follows:

Monday – Thursday	08.00 - 10.00 15.30 - 17.00
Friday	08.00 - 10.00 15.30 - 19.00
Saturday	07.00 - 11.30 13.00 - 20.00
Sunday	07.00 - 11.30 13.00 - 19.00

Facilities

Changing Rooms

The changing rooms provide storage lockers, vanity and grooming areas and showering facilities. You are also provided with complimentary body shampoo in the changing areas. Bags are provided for your damp swimwear. Towels are available for hire at £1.00

Gymnasium **16 years + only.**

The gymnasium is fully air conditioned and offers the ultimate fitness area for all abilities. It is a stress free and social environment in which to enjoy your work out. The gymnasium also contains visual entertainment screens, just simply bring your own headphones and plug in to music and TV channels. The system is very user friendly but if in doubt, there is always an instructor available for help and advice.

Swimming Pool

The pool is 18 x 6 metres and is heated to a temperature between 28 –30 degrees, a temperature comfortable enough to swim as well as relax in. Loungers can be found around the pool for relaxation and socialising.

Please note: The following facilities within the thermal suite are strictly for those over 16 years old

Rock Sauna - 16 years + only.

The sauna provides a warm, dry atmosphere in which to recuperate after a workout or swim. The sauna cleanses the body by opening the skin pores, and helps the body with the detox process, leaving the user with a feeling of well-being. We advise that the maximum time you should use this facility is 10 minutes.

Bio Sauna - 16 years + only.

The bio sauna is great way to relax because it has similarities to the sauna and the steam room, with damp mist being sprayed into the room on regular basis.

Steam Room - 16 years + only.

Similar to the sauna, the difference being that the steam room provides a hot, moist environment in which to wind down. We advise that the maximum time you should use this facility is 10 minutes.

Aroma Room - 16 years + only.

The aroma room is a similar experience to that of the steam room. It has a different scent that is sprayed into the room regularly.

Ice Room - 16 years + only.

The ice room has three main benefits, they are: exfoliation, circulation and also helps train the immune system to cope from change of temperatures.

Hydro Therapy Pool - 16 years + only.

The spa pool is an ideal way to relax and ease tired muscles after a workout or swim. It is also a good way of resting any strains or relaxing after a stressful day.

Services

Gym Induction

Included in your membership you also have the option of a gym induction. During a gym induction you will be taken around the gym with one of our instructors and you will be shown how to use all the equipment.

Gym Consultations & Gym Program

This will establish your reasons for joining the club and what part we will play in helping you with your diet and your lifestyle. We can do some fitness tests such as blood pressure and a CV test, but these are optional. We then begin to take you through a program that we will set up to be saved onto your smartcard. This program will be specifically designed to help you with your goals. The beauty of having a smart card is that you don't need to remember your program. The card will guide you with what you are doing & it is the ideal tool to use for tracking your progress. The consultation will take approximately 60 minutes so come dressed to do exercise as you will be given tuition on how to follow your program, if you do not wish to use the gym you may still find the consultation informative and interesting as we can do exercise programs that can be completed in the pool.

Personal Training

Everything you do with a personal trainer will be tailored to your needs, fitness levels, physical ability and what you are trying to achieve. So whether your goals are to lose weight, tone up, overcome health problems or anything else, your personal trainer will provide you with everything you need.

Member Benefits

- 10% off Decleor products
- 15% off Treatments Monday—Thursday
- 20% off hotel events
(excluding Christmas / new year, subject to availability)
- 15% off food & drink in the Pickwick bar and The Grange
(alcoholic beverages included only when purchased with meal)

To enjoy any of these fantastic benefits just present your membership card upon purchasing

Referral scheme

Here at Spa Naturel Norton Grange we like to reward our members for referring family, friends and colleagues.

Each month there will be a different incentive on offer

Please ask staff for more details

Additional Fees

- Towels are available for hire at a cost of £1
(this must be paid upon entry of club)
- Robes, towel and slipper bundles are also available to hire at a cost of £5
(this must be paid upon entry of club)
- Guest passes are available for a non member to accompany a member at £10 per day for 16 years and over
(ages 6 -15 £6 ages 0 - 5 free)
- Non—member entry is £25 per day

Beauty Department

Our highly trained team of Spa Therapists here at the club, are all expertly trained by Decléor, Jessica and Sun Junkie

All our treatments are designed to help you to unwind and relax ,and with a wide range available we cater to your every wish and desire. Our therapists use only the industries best products.

All treatments available can be found in our spa brochure which you will find available at the main spa reception.

Each treatment works in natural synergy with the skin, body and mind, They are designed to offer a unique experience, using powerful massage sequences and the most potent actives in the world today. We also have our very own Spa Signature Treatments designed to take you into total sensory indulgence.

The beauty department is open seven days a week and offers more than just your traditional treatments. With a popular demand for pamper days we offer a wide range to suit all your needs. All members of the club receive a 15% discount off Spa treatments Monday—Thursday

Queries about your existing membership?

Call: 01706 516710

Email: spanaturel@nortongrangehotel.com

SPA NATURAL FITNESS THE NORTON GRANGE RULES AND REGULATIONS continued....

- Please shower before entering the Pool and Hydropool.
- No outdoor shoes to be worn in the pool areas.
- No food in the pool areas.
- No glass in the pool areas.
- No alcohol in the pool areas.
- Swim wear to be worn at all times.
- No Shaving on the poolside or in the Thermal suite.
- Cameras and mobile phones are prohibited on the poolside and hydro suite.
- Soaps, oils & menthol / eucalyptus are prohibited in the pool area and thermal suite.
- No children under the age of 16 are allowed in the thermal suite.
- Towels never to be placed on the heaters in the sauna & bio sauna
- E cigarettes are not to be used in ANY area of the club

GYM

- A gym towel must be taken into the gym.
- Suitable clothing and clean appropriate footwear must be worn whilst using the gym facilities.
- All equipment must be wiped down after each use.
- Please reposition weights back on to the racks when they are not in use

CHILDREN

- Children over the age of 8 must use the appropriate changing rooms.
- Any person under 16 must be accompanied by an adult at all times.
- Children are prohibited from entering any areas of the leisure facilities other than the swimming pool.

Please note: All management decisions are final

SPA NATURAL FITNESS THE NORTON GRANGE RULES AND REGULATIONS continued....

GUESTS AND VISITORS

- Members (over the age of 16) may bring guests to the Club upon presentation of a guest pass or payment of £10 (2 guests maximum per member at any given time)
- Members must accompany their guest at all times, and the member who brings the guest remains responsible for their guest's conduct whilst they are in the club. The Member may not leave the club prior to their guest's departure.
- A Member who has "frozen" his/her Membership will not be allowed access to the club (including as a guest).
- Members must ensure that their guests comply with these Rules.

GENERAL

- Opening times will be prominently displayed at the Club.
- Pool, spa, sauna and steam facilities will close 15 minutes before the advertised closing time to allow members time to change. The gymnasium will remain open until the advertised closing time.
- You must not take any photography or movie shots in the Pool, Thermal suite, changing rooms or gymnasium (including by use of a camera on a mobile phone or PDA).
- You must not consume any food or drink in the club that you have brought in from outside the Club.
- E Cigarettes are not to be used in ANY area of the club
- We will not tolerate any abuse, verbal or physical towards any member of staff. In the case of this appropriate action will be taken.

Please note: All management decisions are final

Class Times

Aqua

Monday 10.30

Tuesday 19.15

Friday 10.30

Yoga

Monday 18.30-19.30

Wednesday 18.30-19.30

Group Gym Training

Thursday 19.30-20.30