

Single Membership

Available to anyone age 18-59 years

A medical questionnaire will be emailed after joining along with a link to the online induction

Activities included in the membership:-

- Gym
- Group Classes
- Swimming
- Health Suite – Sauna, Steam & Spa
- Racket Sports (1/2 court payable if playing with non inclusive member)
- Dry coaching – drop-in sessions such as Badminton
- 20% off Swimming lessons