

# Wellness at the Beech

We are so excited to be able to welcome everyone back, we look the same, but a few changes to keep everyone safe while you are keeping yourselves healthy!

## *Opening Hours:*

Monday to Friday 7.00 to 19.00  
Saturday and Sunday 8.00 to 20.00

## *Memberships:*

Full membership £48.00 per month  
Swim only £35.00 per month  
Gym only £35.00 per month

New DD forms and Health Questionnaires will need to be completed  
(prices reflect slightly limited hours and will be reviewed once we are back to full operation)

## **What to Expect:**

### Pool

40 min bookable session  
Must arrive Pool ready  
No Towels  
Changing rooms, to get dry & dressed  
No showers available  
Water Bottles can be filled on poolside  
All our normal Poolside rules still apply!

### Gym

50 min bookable session  
Must arrive Gym ready  
No sweat towels in gym area  
Keep belongings to a minimum  
No showers available  
Water bottles can be filled in the gym  
Not all equipment is available  
All our normal Gym rules still apply!

- All sessions are on the hour and are bookable through the Wellness team by phone or email, 7 days in advance – to be able to keep to the social distancing guidelines.  
Maximum of 4 sessions a week per member.
- We will have a waiting area outside of the Wellness door, hotel side till your allocated time and you must arrive and leave within this allocated time, for change overs and cleaning.
- Hand Sanitiser stations are available throughout the department and must be used before entering and regularly throughout your visit with us, blue roll, cleaning spray and disinfectant wipes will also be available.

**Please get in touch with any other questions or to book your time slot**  
**Wellness@coppidbeech.com      01344 381107**