

WELLNESS AT THE BEECH

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

OPENING HOURS

Monday - Thursday 07.00-21.00

Friday 07.00-20.00

Saturday 08.00-20.00

Sunday 08.00-18.00

MEMBERSHIPS

Full Membership £48.00 per month

Gym Only £35.00 per month

What to expect:

POOL

Swim sessions begin on the hour

45 minute booked session

Must arrive pool ready

Bring your own towel

Changing room to dry and change

No showers available

Water bottles can be filled on poolside

Our normal Poolside rules still apply.

GYM

No booking required *

No time limit in gym

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

All our normal gym rules still apply.

*** You're not required to book a gym session. However, for track and trace purposes, you must scan in and out at the Wellness reception with your membership card everytime you visit.**

- Due to the space in the pool and to ensure social distancing you must pre-book your swim session. Pool sessions are limited to 4 per member per week.
- You do not need to book a gym session, however, we do ask you to give us a quick call ahead of time so we can advise how busy the gym is. Please bear in mind that whilst all the different types of equipment are available, we have to rotate their use for sanitising purposes.
- To comply with social distancing we are operating a one way system in the hotel and ask you to enter via the hotel. After your workout you exit via the Wellness entrance.
- Hand sanitising stations are available throughout the department and must be used. We also ask you to use the blue roll and sanitising spray provided to sanitise the gym equipment before and after use.

Please get in touch with any questions you may have and/or to book your time slot for the swimming pool.

01344 381107 or 01344 303333 Ext 128