



tone | unwind | refresh | revitalise | energise | de-stress

revive yourself...

Thank you for your membership enquiry and welcome to the revive Health Club and Spa.

revive is simply the best health club and spa in the area. The atmosphere is welcoming, the interiors and facilities outstanding, our staff highly trained and really motivated. You'll feel right at home, and in good hands - **the rest is up to you.**

Club Facilities

- 17m swimming pool
- Spa pool
- Steam and sauna rooms
- Fully equipped fitness suite
- Fitness assessment room
- Air-conditioning
- Health and beauty spa
- Spa day lounge
- On site parking

Fitness Suite

- Computerised fitness consultation: blood pressure, flexibility, lung function, aerobic capacity, grip strength, height and weight, anatomical measurements and body composition
- Personalised workout programmes
- Personal training
- 32 station Technogym fitness equipment
- REPS certified fitness instructors level 4
- Grouped Fitness Classes to include Kettlebells, Circuits, Boxercise, Pilates, Yoga, Core Stability and Boot Camp
- Music and visual entertainment system

Spa

- Wide range of holistic therapies including Massage, Elemis Facials and Body Treatments
- Jessica GELeration, Manicures, Pedicures
- Australian Bodycare Waxing
- St Tropez spray tanning
- Spa days
- Member concessionary rates

Poolside Amenities

- Poolside relaxation lounges and chairs
- Water station
- Aqua aerobics

Additional Hotel Facilities

- Award winning Acqua Bar and Restaurant with Thames side private terrace
- 122 bedrooms
- Wide range of private function suites, catering for all types of events and meetings
- Concessionary rates at the hotel

For further information on memberships or to arrange a personal tour of revive **Health Club and Spa** please contact a member of the revive team on **0118 925 9901** or call in at anytime.

revive **Health Club and Spa** at Crowne Plaza Reading
Caversham Bridge, Richfield Ave, Reading RG1 8BD T 0118 925
9901 E revive@cp-reading.co.uk W revive@cp-reading

revive Health Club and Spa Opening times

Peak

Monday to Friday	6.30am to 10.00pm
Weekends and Bank Holidays	8.00am to 8.00pm

Off Peak

Monday to Thursday	8.30am to 5.00pm
Friday	8.30am to 7.30pm
Sunday	8am to 11am

Please be aware that if you have an off peak membership you are required to vacate the facilities by the end times listed above and Saturdays are not available with this membership.

Children's Hours (Children aged 0 to 15 years)

Monday to Thursday	9.00am to 1.00pm	2.00pm to 6.30pm
Friday	9.00am to 1.00pm	2.00pm to 7.30pm
Weekends	9.00am to 1.00pm	3.00pm to 6.00pm

revive Health Club and Spa Membership Tariffs

***Peak Memberships**

	Individual	Joint	Child 3-8	Child 9-15	Young Adult
Joining Fee	£75-00	£75-00	No Charge	No Charge	£50.00
Monthly Subscription	£67.50	£112.50	£6.00	£14.00	£30.00

***Off Peak Memberships**

	Individual	Joint	Child 3-8	Child 9-15	Young Adult
Joining Fee	£50.00	£50.00	No Charge	No Charge	£50.00
Monthly Subscription	£49.00	£80.00	£6.00	£14.00	£19.50

** Subject to availability*

Please ensure you have read our terms and conditions before entering into any membership

Corporate Membership

A discounted membership subscription can be obtained through corporate membership. If you would like further information or are interested in corporate rates please discuss this option with the Sales and Membership Co-ordinator.

Memberships

Please note that all memberships to the revive Health Club and Spa are available on a limited basis and are restricted to certain usage times depending on the type of membership you subscribe too.

revive Health Club and Spa Corporate Membership Tariffs

***Peak Memberships**

	Individual	Joint	Child 3-8	Child 9-15	Young Adult
Joining Fee	£50.00	£50.00	No Charge	No Charge	£50.00
Monthly Subscription	£55.00	£90.00	£6.00	£14.00	£30.00

***Off Peak Memberships**

	Individual	Joint	Child 3-8	Child 9-15	Young Adult
Joining Fee	£50.00	£50.00	No Charge	No Charge	£50.00
Monthly Subscription	£40.00	£70.00	£6.00	£14.00	£19.50

**Subject to availability*

Please ensure you have read the terms and conditions that are included in this pack prior to joining revive Health Club.

Corporate Membership

A discounted membership subscription can be obtained through corporate membership. If you would like further information or are interested in corporate rates please discuss this option with the Sales and Membership Co-ordinator.

Memberships

Please note that all memberships to the revive Health Club and Spa are available on a limited basis and are restricted to certain usage times depending on the type of membership you subscribe too.

Frequently asked questions and answers

*** What do I pay when I join?**

You pay the initial joining fee and the pro rata for current month to date.

*** Do I pay a joining fee next year?**

No. The joining fee is a one off payment.

*** Can I pay a year in advance?**

Yes. If you pay for a year in advance we will give you 13 months for the price of 12, giving you a month's free subscription! Please see Sales Team for exclusive offers.

*** Can I join as a joint member with a friend?**

Yes. You can join with a friend, relative or your spouse.

*** Are we tied into a contract?**

There is no annual Contract. All members joining revive receive a 10-day money back guarantee from the date of joining. If you then wish to cancel your membership after your guarantee period we will require 30 days notice in writing.

*** Can I put my membership on hold?**

Yes. If you need to put your membership on hold please refer to revive Health Clubs terms and conditions for full details.

*** Can I bring a Guest to the club?**

Yes you can. The rates are as follows:- Adult Peak -£10.00, Adult Off Peak- £8.00, Child 3 to 8yrs-£5.50, Child 9 to 15yrs-£6.50

*** Do members receive any discount on Spa treatments or within the Hotel?**

Yes, you will receive a 10% discount on all Spa treatments. You will also receive 10% discount off all food in the Hotel's Bar and Restaurant. (Not applicable to special events e.g. Mothers Day)

*** Do I have to pay extra for fitness assessments/programmes?**

No. All fitness Assessments and programmes are included in your membership subscription. There is also no extra cost for Aqua Aerobics or any group fitness classes.

revive Health Club and Spa – Refer a Friend

If you refer a family member, friend or work colleague who joins revive Health Club and Spa as our way of saying thank you we will receive the following:

- **X1 PERSONAL TRAINING SESSION**

To receive your complimentary gift the new member must inform a member of the revive Health Club and Spa team that you have recommended revive to them during the application process.

You will receive your complimentary gift once the new member stays beyond the 10-day money back guarantee period. Please note that all gifts are subject to availability.

Don't forget – *you can refer as many new members as you wish!*

revive Health Club and Spa Exclusive Joining Offer

When you join revive you will also be eligible for a special offer linking us with the Caversham Heath Golf Club, which is ideally located within a close proximity to the Hotel.

revive members offer:-

- You and three other family members, friends, or work colleagues will be allowed to play 18 holes free of charge!!
- Estimated value for this free **'Four Ball'** special promotion is in excess of £112
- Only applicable to revive members

Caversham Heath Golf Club facilities:-

- 18 Hole Golf Club built to exacting USGA standards
- Challenging Championship length course of 7,151 yards
- Clubhouse, incorporating Restaurant and Sun Terrace

To receive your complimentary **'Four Ball'** golfing experience please contact either **Claire Machin** or **James Morley** on **01189478600** and they will gladly take your booking. You will need to produce your membership card for confirmation on the day.

*Please note that the **'Four Ball'** experience is subject to availability.*

revive Health Club and Spa Class Timetable

Kettlebells- Kettlebells is the ultimate core workout, developing your cardiovascular and musculoskeletal conditioning, Development of power, stability and flexibility, balance and agility. Kettlebells is the complete **fat loss and lean muscle tissue tool**.

Core Conditioning - Core conditioning is the act of strengthening the muscles of the abdominals and torso which help pull the body into postural alignment.

Pilates- Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

Legs, Bums and Tums- For all the ladies in their quest for perfection! **TUMS** up...

Fast Abs- speed sessions designed to hit the mid section and leave you **ABS**olutely gasping for more!!!!

Boot Camp- Boot Camp is our way of changing the mindset and perception of how people burn body fat and work toward lean muscle tissue development.

Circuit Training- Circuit training is an excellent way to improve mobility, strength and stamina via structured workout stations at specific timed intervals.

Aqua Aerobics- A dynamic full body workout with the added benefit of low impact training. Be warned – you may get wet!!!!

Boxercise – Punch and Jab your way to fitness with our box specific training sessions. You will end up looking like a **KNOCKOUT!!**

Pre-book the above sessions at the revive reception. Please be aware there is a 72 hour booking period.

If you require further information about any of the above classes please do not hesitate to speak to any of the revive team.

Many thanks