



AT GAUDET LUCE GOLF & LEISURE COMPLEX

Thank you for your enquiry. Phoenix Fitness is a small boutique gym, offering a very personal service. It is our staff which make the difference for us. Each member of staff has very different training and because of that, the service we can offer is distinctly different from the average gym. We cater for GP referrals and work with people and patients that other gyms would not consider. We offer specialist classes for Senior Citizens and New Mums. We can put together programmes for marathon training, rehabilitation or simply to loose weight after pregnancy.

If you are serious about changing your lifestyle and improving your health and fitness, we are the gym for you. We work with the same ethos as the rest of the Gaudet Luce Complex-quality but affordable. We keep our prices to a minimum, to enable as many people as possible to benefit from our facilities. We don't offer complicated membership structures or pools, saunas or spas. Simply cost effective fitness!

We have included some information here, more can be found on our web site, www.gaudet-luce.co.uk, but nothing beats coming in the see for yourself. However, if you feel confident we are for you, then please complete the attached forms and Direct Debit-returning them to us in time for your induction.

To book an induction and spend time with our staff to organise your fitness test and programme to reach your goals...

Call us now on 01905 793954.

...this is the start of a new you!

Facilities

Gym Equipment:

Cardio:

Treadmills, cross trainer, stepper, rower, upright bike & recumbent bike. Technogym's Excite range of cardiovascular machines aimed at working with you on your fitness and exercise goals.

Kinesis 1:

Brand new Technogym Kit, the forefront of fitness technology, aimed at improving your full body strength, balance, core stability and mobility working with resistance. Utilising resistance pulleys in any 360 degree direction.

Easyline:

Brand new resistance based equipment that works via resistance pistons, allowing a push & pull movement, working on your strength and metabolic rate. Quick and easy to use on your own or when involved in a circuit class. The harder you work, the more resistance you build and the higher the intensity of your work out. This equipment also allows you to work two muscle groups at once.

Weights Equipment:

Free weights, benches and a weight stack multigym to work specifically on your strength & traditional weight based machine.

Stability balls, mats, trampoline, medicine balls & steps.

Studio Room:

Zumba, Pilates, Tai Chi, Circuit Training and much more...

Running Course:

Regular running groups to suit all abilities.

Changing rooms and shower facilities.

Benefits Of Membership

- Cost effective way to exercise, with varied options.
- Surround yourself with like minded people.
- Fitness professionals at hand when you need them.
- Prevent injury with specifically designed programmes just for you.
- Unlimited usage - no time constraints to your membership.
- Classes available to members and non members.
- Improve your physical fitness and mental wellbeing.
- Discounted drinks & food in our Clubhouse & Phoenix Bar.
- Accrue reward points every time you exercise, spend in our shop or Clubhouse. Then swap your points for food or drink in the Clubhouse or discounts on gym wear and trainers in our shop!
- Be part of the Gaudet Luce Complex-Golf, nursery/creche, shop, clubhouse/bar & GYM!
- Ofsted registered day nursery, drop of creche, wrap around school care & holiday club.
- Monthly challenges to earn extra reward points.
- Monthly newsletter that passes on exercise tips to our members.

Phoenix Fitness Staff

Cassie Shutts-Gym Supervisor

Cassie is a fully qualified personal trainer, who became interested in the fitness industry after having her son and realised how hard it is to get back into shape, having had children. Cassie is a keen runner and has the following qualifications:

- BSc Hons in Health & Education
- Level 2 Advanced Gym Instructor
- Level 3 Advanced Fitness Instructor
- Level 3 Advanced Personal Trainer
 - First Aid Certificate

Matt Kingston-Personal Trainer

Matt qualified as a Fitness Instructor in 2003. Through his teenage years he loved playing all sports, in particular football and cricket. He has always been interested in learning different training methods and in doing so has developed a real passion for training others. Matt always keeps training sessions fun and varied, be it boxing, dumbbell work or road running, as when you enjoy what you do, you get better results!

- Level 2 Advanced Gym Instructor

Mark Billau-Gym Instructor

Mark has a keen interest in sports in the community, coaching football and badminton. He has the following qualifications:

- BSc Hons in Sports and Material Science
 - FA Level 1 Football Coach
- Safeguarding Children Course
 - Emergency First Aid

Classes From January 2011

Mondays

New Mums 10am*
Senior Ladies 11am*
Beginner Fitness 1pm*
Boxercise 7pm
Zumba 8pm

Tuesdays

Senior Ladies 10am*
Ready For Golf 12 noon

Wednesdays

Body Tone 9am*
Post Natal Yoga 1pm

Thursdays

Senior Ladies 10am*
Beginners Fitness 11am*
Active steps 2.30pm
Pilates 6.30pm
Zumba 8pm

Fridays

Fit for Golf 10am (via Russell Adams only)
Tai Chi 11am
Zumba 12.30pm
Yoga 1.30pm

Saturdays

Fit Kidz 10.30am

Please see www.gaudet-luce.co.uk for more details.

*Inclusive in membership-please see web site for other charges.

Opening Hours

Mondays: 7.30am - 9.00pm

Tuesdays: 7.30am - 9.00pm

Wednesdays: 7.30am - 9.00pm

Thursdays: 7.30am - 9.00pm

Fridays: 9.00am - 7.00pm

Saturdays: 9.00am - 2.00pm

Sundays: 9.00am - 2.00pm

Bank Holidays: 9.00am - 4.00pm



Membership Application Form

Name (Mr./Mrs./Ms./Miss.)

Address

Post Code

Date of Birth

Tel. Home

Tel. Work

Tel. Mobile

Email

Memberships

Membership applied for (please tick)

Monthly	Joint Monthly	6 Months	Joint 6 Months	Annual	Joint Annual
---------	------------------	-------------	----------------------	--------	-----------------

How did you hear about us? Please tick.

On site	Local Press	Mail Shot	Friend/ Relative	Web Site	Radio	Other (please state)
---------	-------------	--------------	---------------------	-------------	-------	----------------------------

Signature of
Applicant

Date

Membership No

Payment collected by

Total fees received

Payment type

Membership start date

Expiry date

12. Have you had any illnesses or operations in the past year?
Y / N
13. Have you had any sports injuries in the past year?
Y / N
14. Do you suffer from stress, depression or nervousness?
Y / N
15. Do you know of any other reason why you should not do any physical activity?

If you have answered yes to any of the above questions please give details below:

Please be aware that a doctors certificate will be needed if you suffer from a heart condition, have high blood pressure, epilepsy or you have given birth in the last 6 weeks (10 weeks for caesarean). If anything changes to your health you MUST let us know.

Do you smoke? (please circle)

Y/N

If answered yes how many do you smoke?

1 – 10 a day 11 – 20 a day 21 – 40 a day 40+ a day

Do you drink? (please circle)

Y/N

If answered yes, how much do you drink?

1-5 units per week 6-10 units per week 11-20 units per week

20-30 units per week 30+ units per week

1 unit = 1 small glass of wine ½ pint of beer/lager/cider 25ml spirit measure

Occupation

Are you new to sport / physical activity?

Y/N

Are you a previous gym user? (Please circle)

Never

Current gym user Used in last 0 – 12 months

Used in last 1-3 yrs Used in last 3-7 yrs

Used in last 7+ yrs

What other type of physical activity do you take part in? (Please tick all that apply)

Walking, Running/Jogging, Cycling, Swimming, Aerobics Class, Sports, Golf

What is your long term goal? (Please tick all that apply)

Weight loss

Improve Fitness

Reduce body fat / BMI

Rehab / GP Referral

Improve strength

Enjoyment / Social

Improve muscle tone

Improve Mobility

Reduce Depression / Stress

All information on this form is accurate and true to the best of my knowledge.

Signed

Instructor

Date

Terms & Conditions

1. The membership month runs from the 15th to the 15th of each month.
2. Cancellation of membership must be given, in writing, on the 15th of the month and one month's notice must be given.
3. If cancellation is given after the 15th then the following month's subscription is payable.
4. If the member's direct debit is cancelled without informing Phoenix Fitness in writing, the member is liable for the balance owing within 7 days.
5. On becoming an authorised user of Phoenix Fitness the member agrees to observe all safety precautions.
6. The member understands that he/she uses the facility at their own risk and Phoenix Fitness can not be held responsible for any loss or damage sustained.
7. Signing the 'Application Form' is acceptance of these Terms & Conditions.
8. If membership is cancelled or lapsed, the joining fee, of £15, is applicable if the member re-joins.

Price List

Membership type	Cost	Concession cost
Monthly	£23 per month	£21 per month
Joint	£44 per month	£39 per month
6 month membership	£133	£120
Joint 6 month	£254	£230
Annual membership	£250	£226
Joint annual	£482	£429

There is a £15 non-refundable joining fee.

Alternative options:

Type	Cost	Concession Cost
Classes	£5.00	N/A
Personal Training Sessions	£20	N/A
Block of 10 Personal Training Sessions	£150	N/A
Pay As You Go	£5.50 per session	N/A

We accept cash, cheque or card. Monthly memberships are set up via direct debit.

Prices Valid from 1st January 2011