

A woman with dark hair, wearing a grey tank top and black shorts, is riding a stationary bike. She is looking directly at the camera with a determined expression. The background is dark, and the lighting highlights her muscles and the sweat on her skin.

COMMIT TO FIT

LEISURE CLUB MEMBERSHIP



THE BELFRY

CLUB & SPA



WELCOME **TO THE BELFRY** LEISURE CLUB

Located just 20 minutes from Birmingham, The Belfry Leisure Club is the perfect place to keep fit and stay active in the West Midlands. Based within the world famous Belfry Hotel & Resort in Sutton Coldfield, our gym features some of the UK's most advanced equipment. In the gym you'll find resistance weights, free weights, cardio machines and a spinning studio.



EXCLUSIVE EXTRAS FOR BELFRY CLUB MEMBERS

A little off the bill, access to exclusive room rates, VIP admission to Bel Air night club and special member offers on the golf course. Being a member means something special at The Belfry. We've put together a whole host of exclusive discounts and offers just for our leisure members.

DINING

- 20% off all food & beverage

BELFRY SPA

- 20% off treatments
- 40% off your first treatment (available for a limited time only)

BEDROOMS

- 20% off the best available room rate based on 2 people sharing

GOLF

- 10% off in the golf shop
- Half price green fees on the PGA National and The Derby
- Join for £25 and get £35 worth of range balls
- 1 hour golf lesson with our PGA teaching professional for £25 or our Senior PGA teaching professional for £30

BEL AIR NIGHTCLUB

- FREE admission on Fridays
- 2 FOR 1 admission every Saturday

**CALL 01675 238 600 TO
SPEAK TO OUR FRIENDLY TEAM**

TERMS AND CONDITIONS APPLY. All offers are subject to availability and cannot be used in conjunction with any other offer or promotion. Leisure members will receive 20% off the total bill in all Belfry food and drink outlets including Starbucks, valid for a maximum of 4 people dining at the same time. 40% off your first spa treatment is available until the end of the month following your joining month (e.g. 31st March if you joined in February). The golf shop discount excludes hardware (golf clubs), golf shoes, golf balls, Powakaddys, range finders and food/drink. Half price green fee is available for members only, Monday to Friday before 9am and is bookable 14 days in advance. PGA Senior Professional lessons are also available from £30, this is an introductory offer and valid for one lesson only. Bel Air Nightclub: age and dress restrictions apply, management reserve the right of admission and exercises a right to search policy. Offers exclude Sundays, Bank Holidays, Mother's Day, Christmas Eve, Christmas Day, Boxing Day, New Years Eve, New Years Day and special event evenings. Standard Belfry terms and conditions apply.

PERSONAL TRAINING

Whatever your reasons, personal training can help everyone. We can help you to improve your fitness levels, kick-start your motivation, reduce fat and weight, improve your muscle tone and generally help you to be fitter and healthier. Whether it's for a particular sport or to push your training to another level we have a trainer for you, just speak to a member of the team to help identify your goals and find the perfect trainer. The sessions are designed to be motivating, exciting and fun and aim to fit in with your lifestyle, work and home commitments, so you maximize time and ultimately achieve your goals.



KICK START SESSION

1 hour session

Get your training back on track with this one hour Personal Training session.

Designed to re-motivate and re-engage your training mind-set to achieve great results.

£35 PER PERSON



TOTAL BODY RE-SHAPE

Choose from a 6 or 12 week total body overhaul! Ideal for those who want to change their body shape, build muscle or drop body fat.

6 x 1 hour sessions

£165 PER PERSON

12 x 1 hour sessions

£300 PER PERSON



RAPID RESULTS

8 x 1 hour sessions over 4 weeks

A 4 week intense programme consisting of 2 x 1 hour sessions per week over 4 weeks.

Please note, all sessions must be taken within 4 weeks from the date of commencement

£200 PER PERSON



SMALL GROUP PT

1 hour group session

Single 1 hour structured group PT session for up to 3 people. Split the cost and enjoy the savings!

GROUP OF 2

£18 PER PERSON

GROUP OF 3

£13.50 PER PERSON

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THE FIRE AND ICE JOURNEY

**A 90 MINUTE RELAXATION EXPERIENCE THROUGH
12 BIO THERMAL ROOMS, ALL DESIGNED TO ENHANCE
YOUR MOOD AND INVIGORATE THE SENSES**

FOOT SPA The perfect way to soak away the stresses of a busy day; Immerse your feet in these warm pools infused with essential oils to help put a spring in your step.

FEATURE SHOWERS Choose between an invigorating Ice Drench shower, tiny freezing peppermint infused droplets shadowed with a mix of brilliant lights, or a warm Tropical rain shower, large warm droplets combined with soft lighting to give a soothing all over body massage – a multi-sensory experience.

CALDARIUM Designed by the Romans, this mild relaxation room is created for warm air bathing. The soft lighting, citrus aroma and warmth generating from the walls and floor, create a calming and purifying effect, promoting a feeling of wellbeing.

AROMA CAVE A light aromatic steam room with a mix of humidity and invigorating essence; combined, act as a decongestant to help clear the mind and purify the body. The warming walls and floor stimulate circulation.

SAUNA The warmest of our thermal experiences, the 100-degree dry heat stimulates circulation and is believed to boost the immune system. The warm and quiet environment creates a sense of peaceful relaxation and well-being.

IGLOO The chilled floor, walls and seating create a cold environment where ice remains frozen. The cold air balances the warming effects of the thermal experiences. For a stimulating and refreshing feeling, ice can be rubbed over the body, leaving you feeling completely energised.

SALT CAVE Get the best healing benefits by inhaling the dry, salt-enriched air deep into the lungs for natural therapy to help respiratory ailments. A supplemental benefit of salt therapy give significant improvements to the skin too.

SHOWER GROTTO Cool and refreshing the three types of cold showers are ideal between heat treatments. Benefits to both body and skin are felt with sudden temperature changes closing the pores improving tone and clarity. Skin will be glowing and invigorated.

CRYSTAL STEAM ROOM

Revitalise the mind and body with a combination of warm steam and aromatic oils. This comforting experience of warmth and humidity helps to cleanse and purify the skin.

HYDROTHERAPY POOL

Relax with the next best thing to a full body massage. The multi featured hydrotherapy pool offers the perfect surrounding to relax and ease tired, tense muscles.

TRANQUILITY ROOM

In need of peace and tranquillity, allow yourself to drift and doze in and out of sleep. You will be lulled by the low light and soothing sounds creating the perfect cocoon in which to rest, relax and recharge.

CONSERVATORY

To complete your journey, take time to relax on comfortable loungers in our peaceful conservatory.

USE OF THE FIRE & ICE JOURNEY

RESIDENTIAL RATE £49^{PP}
NON-RESIDENT RATE £59^{PP}

If you're enjoying a spa package or having other treatments add our fire & ice journey for just £25 per person

PLEASE NOTE The Fire & Ice Journey is not recommended before or after spa experiences that includes heat, waxing or our advanced-ageing facials. Depending on your spa experience reserved you may be advised to enjoy the Fire & ice Journey and lunch prior to your treatments. Not recommended for people with high blood pressure or pregnant women.





TARIFFS

12 MONTH RATES

SINGLE FULL | £58

JOINT FULL | £100

SINGLE OFF PEAK | £50

JOINT OFF PEAK | £84

SENIOR CITIZEN (65+)
& STUDENTS | £34

GOLF & CORPORATE
MEMBERSHIP | £45

FLEXIBLE RATES

SINGLE FULL | £68

JOINT FULL | £120

SINGLE OFF PEAK | £60

JOINT OFF PEAK | £104

SENIOR CITIZEN (65+)
& STUDENTS | £42

GOLF & CORPORATE
MEMBERSHIP | £55

ANNUAL

SINGLE FULL | £580

SINGLE OFF PEAK | £500

Annual payers get 12 months
for price of 10



TERMS AND CONDITIONS APPLY

OPENING TIMES

FULL MEMBERS

Monday to Friday

06.30am - 9.30pm
(Last entry 8pm)

Saturday to Sunday

06.30am - 8.30pm
(Last entry 7pm)

FIRE & ICE

Monday to Friday

06.30am - 10am
5pm - 9pm
(Last entry 8pm)

Saturday to Sunday

06.30am - 10am
5pm - 8pm
(Last entry 7pm)

OFF PEAK MEMBERS

Monday to Friday

06.30am - 4pm (Last entry 3pm)

Saturday to Sunday

2pm - 8.30pm (Last entry 7pm)

FIRE & ICE

Monday to Friday

06.30am - 10am (Last entry 9am)

Saturday to Sunday

5pm - 8pm (Last entry 7pm)

CHILDREN'S POOL ENTRY HOURS

Monday to Friday

8am - 12noon
3pm - 7pm

Saturday to Sunday

8am - 12noon
4pm - 7pm

CRÈCHE

Monday to Saturday

9.15am - 2pm

Last entry one hour
before closure

SPA OPENING HOURS

Monday to Thursday

9.30am - 8pm

Friday to Saturday

9.30am - 7pm

Sunday

9.30am - 6pm



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CLUB & SPA

State of the Art Spin Studio | Fitness Classes
Expert Personal Trainers | Fire & Ice Experience | ...plus much more

*Terms and conditions apply.