

Spirit Health Club Chester
Holiday Inn Chester South
Wrexham Road, Chester, CH4 9DL
01244 683918
spirit.chester@ihg.com
www.spirithealthclubs.co.uk



Membership Information

At Spirit Health and Fitness we believe in a holistic approach, includes your mind, body and spirit. We provide facilities that are non-intimidating and cater for all in an atmosphere of fun and relaxation. All people who join health clubs have different goals. At Spirit we recognise that our members are individuals with individual goals and provide the support to help you achieve them. We provide a number of membership options to suit you and your lifestyle. All staff are fully qualified and they support and encourage you, constantly monitoring and reviewing your progress.

Opening Hours:

Monday – Thursday 6.30am - 10.00pm

Friday 6.30am – 9.00pm

Saturday 7am – 9pm

Sunday 7.00am - 8.00pm



Facilities:

- **Fitness Gymnasium:** *Our fitness rooms are fully air-conditioned and include a range of aerobic and resistance training equipment, fully qualified staff are always on hand to give you extra help or encouragement.*
- **Swimming Pool:** *Measuring 15 metres by 7 metres, our pool can cater for relaxation or fitness, recreational or serious swimmers.*
- **Spa Pool:** *The ideal way to relax your muscles following an effective work out or a stressful day.*
- **Sauna:** *Unwind and relax in our excellent sauna facilities.*
- **Beauty Treatments:** *Complete Beauty work along side international award winning beauty brands Dermalogica, O.P.I and Fake Bake, giving us the highest standards and giving you the best results. Our treatments are suitable for both men and women, treatments include massage, holistic treatments, facials, manicures, pedicures, waxing and tinting. Information about spa packages is also available on request.*

Visit their website for price lists www.complete-beauty.co.uk.



Membership Benefits:

- Lifestyle consultation and personalised training programme
- Complimentary towel each visit
- 10% discount on all Beauty Treatments
- Use of all Spirit Health Clubs nationwide*
- 25% off food and beverages within the hotel lounge/bar and restaurant
- Regular Hotel offers for mid-week or weekend breaks to Holiday Inn or Crown Plaza within the UK and Europe
- Exercise Classes
- Swimming Lessons*
- Personal Training*
- Regular Lifestyle Events*: Regular gym and swimming Challenges
- Regular Social Events*: These include Spirit Coffee Mornings, Quiz Nights and much more.
- Spirit shapers nutrition and weight management programme.

*Terms and Conditions apply some include an extra cost. Please see Spirit Reception for details.

Why Belong to a Spirit Health and Fitness Club?

At Spirit Health and Fitness there is a friendly, relaxed atmosphere. We have developed a 'life support' programme which can be tailored and individual. From the very first time you come into the club our staff are on hand to help, encourage and motivate you throughout your entire membership. At the start of your membership we ask you to have a Lifestyle Consultation, where your gym programmes is personally designed for you. During your gym induction we familiarise you with the equipment in the club and ensure you can use it safe and effectively. We invite you to repeat this process at regular intervals. As your body changes and adapts to exercise, it is important that you change your programme so that you can keep reaching your goals. This is all included in the price of your membership.

Regular exercise has many benefits. These are just a few of the benefits you may find:

- Reduces risk of coronary heart disease
- Decreases blood pressure
- Can help control cholesterol
- Increases the body's metabolism
- Can aid muscle toning
- Decreases total body fat helping to control body weight
- Improves bone density so offers protection against osteoporosis
- Improves immune function
- Helps protect against anxiety and depression

For more details and to book in to visit the club please contact us on 01244 683918