

# Get *better* at Bowfield

What does better health look like to you? Becoming fitter? Getting stronger? Feeling calmer? Whatever it looks like, we're here to help.

From improving your strength or cardio fitness, to maintaining a healthy lifestyle, or recovering from injury or illness, our friendly and approachable team are here to support you at every turn.

As an independently operated health club, we put our members at the heart of everything we do, ensuring they get excellent facilities, equipment, and expertise. We'd love you to join our club and get better at Bowfield.

As a member, you have full access to the following facilities:

- Gym
- Spin studio classes
- All fitness and aqua classes
- Swimming pool
- Leisure spa area with spa pool, sauna and steam room
- Café

In addition, you have a number of Member Benefits, outlined in this pack, that we hope you'll enjoy taking advantage of. If you have any questions at all, please don't hesitate to reach out to a member of our team. We're always here to help.

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## YOUR MEMBER BENEFITS

We've designed our member benefits to be an extension of our club and support your overall health in different ways. After all, catching up over a cuppa with a friend or enjoying an overnight break is just as important for your wellbeing!

Your benefits are as follows:

20% off food, hot drinks and smoothies  
in the Café, Plumpy Duck and Stables Bar

20% off AURA Spa treatments

20% off in the AURA spa shop

20% off in the Health Club shop

10% off private parties/functions at Bowfield

10% off accommodation in any Manorview Hotel

3 Guest Passes per quarter for kids or adults to use\*

Free soft play access for kids under 2  
when the parent is a paying member\*\*

Free creche/childcare for kids under 2  
when the parent is a paying member\*\*

In addition, we'll often share exclusive member discounts, perks and offers, so please keep your eye out for those!

*\*You must use your 3 passes within the quarter, they cannot be rolled over. You can use them separately or at once as long as used within the quarter.*

*\*\*All children who are non members will be charged £6 for soft play.*

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## REFER A FRIEND

As a member, if you refer a friend you'll get a **£50 Gift Voucher** to spend on anything at Bowfield Hotel & Spa.

*\*Please refer to Terms & Conditions for full details*

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## CLUB OPENING TIMES

### ALL CLUB FACILITIES ARE OPEN DURING THE FOLLOWING TIMES:

Monday – Friday: 6.00am – 10.00pm  
Saturday & Sunday: 8.00am – 9.00pm

*If you are on a Wellness Off-Peak Membership, you can access the club:  
Monday-Friday - 9am-5pm,  
Saturday and Sunday after 4pm.*

### POOL TIMES:

#### ADULT ONLY SWIM TIMES:

During these times, under 16s are not permitted in the pool area.

Monday – Friday: 6.00am – 8.30am  
11.00am – 1.00pm  
8.00pm – 10.00pm

Saturday & Sunday: 8.00pm – 9.00pm

#### SPLASH SESSIONS:

Dedicated pool time for families with children.

Please note floats and fun pool accessories will be available for use!

Sunday 9.00am – 11.00am

#### SUPERVISED SOFT PLAY SESSIONS:

Monday - Friday 9.45am – 11.45am  
Saturday 10.00am – 12.00pm

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## HEALTH CLUB

AT BOWFIELD

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## MEMBERSHIP TYPES



## WELLNESS

Our Wellness Membership offers 7-day access to all our health-club facilities. With 40+ fitness classes, a gym with cardio suite and resistance training areas, pool, sauna and steam room, our club has everything you need to support all aspects of your health and wellbeing.

The Wellness Membership includes:

- Gym
- Swimming Pool
- Leisure Spa area with spa pool, sauna and steam room
- Fitness classes
- Aqua classes
- Spin classes in our dedicated spin studio

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*Plus all of our amazing member benefits!*

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### Pricing:

Single Membership: £78 per month

Joint Membership: £123 per month

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Please note that a one-off Joining Fee of £50 is also payable.

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## MEMBERSHIP TYPES



## WELLNESS PLUS

Our Wellness Plus Membership includes everything from our Wellness membership, plus some extras to take health and self-care up a notch!

A highlight of the Wellness Plus Membership is full access to our stunning AURA Spa Experience, which features our outdoor hydrotherapy pool with countryside views, as well as one spa treatment per quarter.

The Wellness Plus Membership includes:

- Gym
- Swimming Pool
- Leisure Spa area with spa pool, sauna and steam room
- Fitness classes
- Aqua classes
- Spin classes in our dedicated spin studio

*Plus:*

- Welcome gift of branded robe
- Complimentary towel hire
- Access to AURA Spa Experience
- 1 x Spa Treatment per quarter (*treatment to value of £95 - subject to availability - only 1 treatment per quarter that can be redeemed - includes inner beauty facial or traditional full body massage*)
- 1 x Wellbeing MOT per quarter to assess your fitness and give you personalised guidance and support

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*Plus all of our amazing member benefits!*

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**Pricing:**

Single Membership: £117 per month

Joint Membership: £197 per month

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Please note that a one-off Joining Fee of £50 is also payable.

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## MEMBERSHIP TYPES



## OFF-PEAK WELLNESS

Looking to access the club at quieter times? Then our Off-Peak Wellness Membership is for you. Get full use of all facilities Monday-Friday 9am-5pm and on weekends after 4pm.

The Off-Peak Wellness Membership includes:

- Gym
- Swimming Pool
- Leisure Spa area with spa pool, sauna and steam room
- Fitness classes
- Aqua classes
- Spin classes in our dedicated spin studio

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*Plus all of our amazing member benefits!*

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### Pricing:

Single Membership: £62 per month

*Please note:* Off-Peak is not available as a Joint Membership.

No discount is available against this membership type.

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Please note that a one-off Joining Fee of £50 is also payable.

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## MEMBERSHIP TYPES



CHILDREN,  
YOUNG PERSON,  
STUDENTS,  
& SENIORS

### Children:

Any child under the age of 16 can be added on to any Wellness Membership at an additional cost of £20 per month.

Their membership also includes access to our soft play!

*Please note:* Softplay is for under 12's only please.

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### Young Person Memberships:

If you are a Young Person aged 16 or 17 years old, you can get a 25% discount on our single or joint Wellness Membership.

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### Student Memberships:

If you're in education, you can get a 25% discount on our single or joint Wellness Membership.

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### Senior Memberships:

If you are 60+, you can get a 25% discount on our single or joint Wellness Membership.

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*Please note:* Proof of ID will be required to receive any of the above discounts. Discounts will only be applicable per person who has proof of ID.

Please note that a one-off Joining Fee of £50 is also payable.

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# MEMBERSHIP APPLICATION

(Mr/Mrs/Miss/Ms) \_\_\_\_\_ First Name \_\_\_\_\_

Surname \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Home Telephone \_\_\_\_\_

Mobile Telephone \_\_\_\_\_

Email \_\_\_\_\_

Membership Type Applied for \_\_\_\_\_

Referred by (if applicable) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Contact Number \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Please list below any associate applicants (Joint & Child Memberships)

Name	Date of Birth	Email Address	Mobile No.
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

I, and any associates listed above, hereby apply for membership of Bowfield Hotel & Spa and agree to abide by the Conditions of Membership and Rules of the Club

Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Office use only:

Joining Fee Payment \_\_\_\_\_ Subscription Payment \_\_\_\_\_

Pro Rata Payment \_\_\_\_\_

Team member \_\_\_\_\_

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# INFORMED CONSENT

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity.

Having such knowledge, I hereby acknowledge this release, any representatives, agents, and successors from liability for accidental injury or illness which I may incur as a result of participating in said physical activity. I hereby assume all risks connected therewith and consent to participate in said programme.

I acknowledge that Bowfield Hotel & Spa operate an unmanned swimming pool and spa area which has appropriate safety equipment provided and is monitored by CCTV. I hereby accept responsibility for my own safety whilst using the facilities. I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in physical activity or in using the facilities.

Signature	Signature 2	Date
_____	_____	_____
Print Name	Print Name 2	Date
_____	_____	_____
Signature of parent/guardian (under 16)		Date



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# TERMS & CONDITIONS

## 1. Introduction

To help you get the best out of Bowfield Hotel & Spa and to fully understand our responsibilities to you and your responsibilities to us, please read these terms and conditions carefully.

## 2. Definitions

“Bowfield” means Bowfield Hotel & Spa, owned & operated by Manorview Hotels Limited, incorporated under the Companies Acts with registered number SC276964 and having their registered office at Bowfield, Bowfield Road, Howwood, PA9 1DZ

“Joining Fee” means an Joining Fee payable to Bowfield at the beginning of your membership.

You can get details of the Joining Fee from Bowfield;

“We” and “Us” means Bowfield;

“You” means the lead member;

## 3. Applying for membership

In order to become a member, you must submit your completed application form to the Reception.

Please note that Bowfield reserves the right to reject an application.

## 4. Membership

a) Your membership will begin on the date of payment of the Joining Fee.

b) Your membership will run for a minimum period of 3 months.

c) You are entitled to cancel your membership at any time after three months on providing the Bowfield with 2 calendar months notice writing or emailed to [membership@bowfieldhotel.co.uk](mailto:membership@bowfieldhotel.co.uk)

Membership continuation following 3 payments.

Following 3 payments, your membership will continue on the same monthly rate on a rolling month to month basis. Membership rates may be subject to annual price increases.

## 5. Starting your membership

A one-off Joining Fee payment of £50 for single memberships and £80 for joint memberships is payable at the point of joining. You can change your mind about joining. To do this you must give notice in writing within seven days from the date of your membership application.

## 6. Payment methods

Monthly via Direct Debit:

a) Your membership fees are due between the 1st – 5th of each month, and cover that month.

b) You must pay your membership by making monthly payments by direct debit, unless we agree otherwise.

c) You must complete and return a direct debit mandate confirming that you are authorised to set up payments from the account.

d) For junior applicants, a parent or guardian must complete the direct debit mandate.

e) Any member paying by direct debit will be notified of any changes to their direct debit payment.

f) If an annual payment is made for a membership and the member decides to cancel, a refund for the sum of money already paid is down to the discretion of the General Manager.

## 7. Missed payments

a) If you do not pay your membership fee when it is due, we will make contact to let you know.

If you are paying by direct debit, we will try to take payment again later in the month for the payment you have.

b) We may refer any missed payments, including any future payments that are due as part of your contract, to a debt collection agency.

c) If you fall behind with your membership payments for more than 30 days, we may charge you an administration fee of £50

d) If you do not pay for your membership, we may prevent you from entering the Club until all outstanding sums are paid in full. This does not mean we will end your membership.

e) If the outstanding amount remains unpaid, we reserve the right to cancel your membership after 30 days.

f) Cancelling your direct debit does not mean you have given us notice to end your membership.

You must give us written notice in line with clause 4 above.

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# TERMS & CONDITIONS

## 8. Freezing your membership

- a) You can freeze your membership at any time (other than after you have given us notice to end your membership) for a period of between one and three months within any twelve month period.
- b) A monthly £5 fee will apply per member. In the case of 12 month memberships, any suspended months will be added on to the duration of your membership.
- c) Requests to freeze your membership must be made in writing or emailed to: **membership@bowfieldhotel.co.uk**
- d) Any request to freeze a membership must be requested before 19th of each month, anything after this will not be accepted and can only be put in place as of the following month.

## 9. Ending your membership

- a) The notice periods for ending each membership are set out in clause 4 above.
  - b) You must continue to pay your membership fees until your membership ends.
  - c) Your membership will end at the end of your notice period which is 2 calendar months notice.
- A request to end your membership should be:
- i. Handed in to the Health Club Reception for the attention of the Memberships Manager.
  - ii. Or sent via email to **membership@bowfieldhotel.co.uk**
  - iii. The request will be actioned from the date the request is received by the Club.

## 10. General

- a) Membership fees will be reviewed annually and determined by Bowfield.
- b) Members must present their card and/or FitSense app on every visit.
- c) At least 2 hours notice must be given to cancel a pre-booked activity or class.
- d) Bookings can only be accepted where a membership card is produced, or in the case of a telephone booking where the membership number is quoted.
- e) Bowfield reserves the right to exclude members if their behaviour is deemed inappropriate or constitutes a risk without any refund of fees paid.
- f) Attempted use of a membership card by a non-member may result in cancellation of your membership without any refund of fees paid.
- g) Access to the Club may be restricted during seasonal and festive holidays and maintenance closures. There will be no refund for any variations in access times or restriction to facilities.
- h) To access health suites and to use the weights area of the fitness suite, members must be aged 16 years or over.
- i) To access group fitness classes, members must be aged 12 years or over but with restrictions.
- j) Under 16 year olds must be supervised when using the pool.
- k) Other age restrictions may apply.
- l) Bowfield Hotel and Spa holds the right to change the membership offering and areas included in membership, however at least one months notice will be provided. Members will be allowed the right to cancel their membership with no further notice in the event of any changes that affect the membership they have purchased.

## 11. Data Protection

- a) We will comply with the Data Protection Act 1998, the Data Protection 2018 and the General Data Protection Regulation (GDPR) (EU) 2016/679.
- b) We will deal with all information we hold about you in line with your privacy policy.

## 12. Guest Passes

- a) Guest Passes cannot be used for access to Aura Spa Facilities

## 13. Refer a Friend

- a) The £50 referral payment is only rewarded to the member upon the referred member having served a minimum 3 month period.

Signature

Please tick to confirm you have read and agree to Terms & Conditions

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