
WELCOME TO

The Laguna Health Spa

Thank you for becoming a member of the Laguna Health & Spa.
Please take some time to read through your welcome pack



WELCOME TO

The Laguna Health Spa

You will be able to pick up your Membership Card from our reception team within 48 hours of joining. Please remember to bring this with you on every visit and scan your card.

Remember to follow us on Instagram, and tag us in your gym photos to be featured on our page @lagunahealthspa

As a member of the Laguna Health & Spa you are entitled to your own uniquely designed, complimentary, fitness program appointment.

To book your appointment please contact our dedicated fitness team on 02920 111 110.

Please note: Our lockers require padlocks. Padlocks are not included in your membership but can be purchased for £3 at our Health Club Reception.

Towels are available to hire at Reception for £1 per towel or you can pay an additional £7 per month with your membership and have one towel per visit.



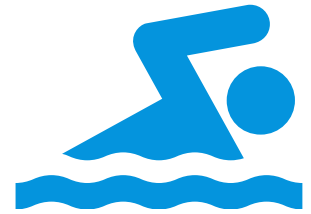
YOUR *Membership*



FITNESS CLASSES



PERSONAL TRAINING



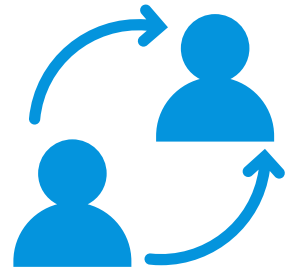
WET FACILITIES



SPA DISCOUNTS



2 FREE GUEST PASSES



REFERRAL REWARDS

Our dedicated team are here to help you make the most of your membership. With unlimited use of all facilities, there is so much to keep you on track with both body & mind.

As part of your membership you will receive:

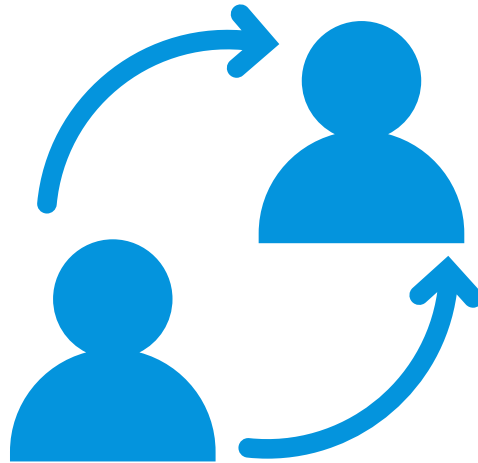
- 10% off individual spa treatments
- 10% off your stay at Park Plaza Cardiff
- 15% off in Laguna Bar on food and soft drinks

As a valued member of Laguna Health & Spa, you are entitled to 3 sessions with a Personal Trainer!

These include:

- Induction & Health Check
- Consultation
- Complimentary training session

YOUR *Membership*



REFERRAL REWARDS

As part of your membership, you will receive two free passes. So if you have a friend or family member wanting to try with you, they can do so at no extra cost.

Plus, if your friend joins as a member on your referral – you will be able to choose a referral reward. (subject to T&Cs)

Our referral rewards are subject to change each month. Please see in club for this month's referral rewards. (Past offers include a Sunday night stay for 2 in the Park Plaza with breakfast or a 50 minute massage or a free months membership)



THE
LAGUNA
HEALTH CLUB

MONDAY

10:00 - 10:30	Fit Forever
10:45 - 11:30	Aqua Fit
13:15 - 14:00	Yoga
17:45 - 18:15	Laguna Cycle
18:15 - 18:30	Ab Blast
18:30 - 19:00	Boxercise

TUESDAY

13:00 - 13:45	X-Fit (Fighting Fit)
17:45 - 18:30	X-Fit-(Strength)
18:30 - 19:15	Yoga

WEDNESDAY

10:00- 10:30	Fit Forever
10:45 - 11:30	Aqua Fit
13:00 - 13:45	X-Fit
17:45- 18:15	Laguna Cycle
18:30 - 19:15	Pilates

THURSDAY

07:15- 08:00	X-Fit (Fighting Fit)
12:00 - 12:45	Yoga
17:45 - 18:15	Laguna Cycle
18:15 - 18:30	Ab Blast
18:30 - 19:30	Yoga

FRIDAY

10:00 - 10:30	Fit Forever
10:45 - 11:30	Aqua Fit
12:30 - 13:00	Laguna Cycle

SATURDAY

10:00 - 10:45	X-Fit
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SUNDAY


10:00 - 10:45	X-Fit
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Peloton classes are available on demand.

Cycling-Bootcamp-Cardio-Yoga-Pilates-Meditation

Please speak to one of the team for more information



CLASS

Descriptions

AQUA FIT

The ultimate class to burn calories and have fun all in one! With the music turned up, join the ultimate pool party!

FIT FOREVER

Our expert Fitness Team will help keep you forever young! With a range of movements that can aid your everyday life, and help keep you fit.

PILATES

By definition, Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility.

AB BLAST

Focus on your core, with this holistic style class designed to help improve your overall posture. Learn how to stabilise and engage your core through a series of movements both on and off the floor.

LAGUNA CYCLE

Join our Fitness Team on the bike for this fun mix of high intensity sprints & uphill climbs, this class is sure to get your heart rate going!

BOXERCISE

A mix of boxing and high intensity exercise, this class is the perfect combination for those wanting to work on physical health!

X-FIT

Is a high energy gym floor class that is designed to be challenging, functional, progressive and fun! The class will have a focus, such as strength, cardio or fighting skills and will then utilise the corresponding equipment.

YOGA

Our instructors are highly trained and use a variety of yoga styles, from hatha, to yin, to ashtanga to name a few.

HOW TO

Book a Class

Our Membership Portal is an easy way to book in a fitness class or a swim slot. Our member portal is available on all devices via your Internet browser.

Go to <https://www.lagunahealthandspa.com/gym/online-class-booking/>, you will see the screen below.

Click 'Register' and this will take you through to create your Portal Profile – please remember to use the same details as you did when you signed up.

Once you have done this, it will take you to your profile, if you click 'Book a Group Activity', this will take you to a page with our classes.

Class Timetable

Please book your classes and/or pool slot below.

THE LAGUNA HEALTH & SPA

Client Portal

Email Address

Password

Sign In

Register

Reset Password

You can now book in your Fitness Classes!

Slots are bookable 7 days in advance. If you have any issues registering, please contact myself directly on 02920 111110 or by e mail salesmanager@lagunahealthandspa.com

Please note: Aqua Fit classes take place Mondays, Wednesdays and Fridays 10:45am - 11:30am, during this time we ask that attendees are mindful of other guests & members and do not use swim lanes if attending the Aqua Fit class. These designated lanes are for swimmers only.



At Laguna Health we were one of the first gyms in the UK to give our members to give our members access to Peloton at no extra cost (normally £39 per month!). Peloton is **a community-based, interactive fitness platform with more than one million users from around the world.**

We have two Peloton Bikes located in the Cardio Area upstairs.

The first time you use the bike it will require you to create an account. The bike will then track and record all your workouts for you, allowing you to track progress over time and compare your workouts.

You will have access to thousands of classes like cycling, boot-camp, yoga, cardio and more. All of which are lead by some of the best instructors in the world

In each cycling class you can see metrics like heart rate, (*heart monitor required) resistance, cadence, output, power zone, and more.

Each bike has Dual sided pedals. If you enjoy using these bikes we do recommend using the correct cycling shoes for improved performance.

Our studio is also set up to display Peloton classes through the smart TV, so why not find a training buddy and complete a yoga, cardio or strength class when it is Free

Please note: Our fitness team are always on hand to get you started, so if you are unsure please ask a member of the fitness team to set you up.



MEET OUR *Personal Trainers*

Our team of trainers are always happy to help and give advice.

Ask for a taster session at the Health Club Reception!

There are so many advantages for booking personal training sessions.

These include:

- **Technique:** technique is vital. A personal trainer will guide you on how to perform exercises correctly and safely and to achieve the best results.
- **Extensive experience:** PTs can advise you and design the most beneficial workouts for your own individual needs and goals.
- **Motivation:** Our trainers will monitor your progression and be with you every step of the way and when needed will also challenge you to push yourself for the very best results.
- **Personal training programmes:** PTs will create a bespoke training plan to suit your abilities, time constraints and goals.



MEET OUR *Personal Trainers*

THINKING ABOUT HAVING PERSONAL TRAINING SESSIONS?

60 Minute Session	£35.00
30 Minute Session	£20.00
Block of 10 (30 Minute)	£160.00
Block of 10 (60 Minute)	£300.00

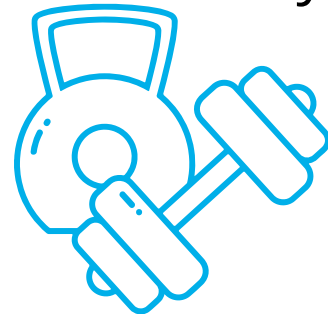
To enquire or book in a session with a Personal Trainer,
please email salesmanager@lagunahealthandspa.com

YOUR PERSONAL *Fitness Journey*

Goal Setting



Just a Hobby



Mindfulness



Swim only



Whatever your goal may be - we've got you covered.

If you're in need of some advice, new to the gym or need a refresher - speak with our team who can help you set fitness goals and rise to the challenge.

If you're a solo goer - that's fine, too! Our dedicated team are always on hand if and when you need us.

TERMS & Conditions

Membership Fees

- 1.1 Monthly membership fees are to be paid in advance by direct debit.
- 1.2 If a member fails to pay by Direct Debit for any reason or if an attempted Direct Debit is unpaid an additional monthly admin fee of £5 is payable to the club.
- 1.3 If an attempted Direct Debit is unpaid, the Club can attempt to use any secondary payment methods it holds on file for the member.
- 1.4 Monthly membership fees are made up of the standard fee for your membership type, plus any applicable admin fees or membership upgrade fees. These fees are as specified on your application.
- 1.5 The Club will review the fee levels each year and reserves the right to increase fees annually by up to RPI+2%. One months notice will be given in this instance.
- 1.6 Direct Debit's are to be claimed on 1st working day of every month. This date cannot be changed.

Contract Length

- 2.1 Our memberships are all currently month to month, we just ask you follow our cancelation procedure

Membership Cancellation

- 3.1 Members who wish to cancel must provide a written notice via postal letter or email of cancellation by the 15th of the month their membership to end.
- 3.2 Notice of cancellation received after 15th will incur a final month's payment of the following month.
- 3.3 Notice of cancellation must state the member's name and address, month and date they wish to cancel from.
- 3.4 Notices of cancelation must be handed into the club, sent by registered post to arrive prior to 15th or emailed to the club manager. If sent by registered post, proof of postage must be retained until the club has confirmed the receipt of notice.
- 3.5 A full month's membership must be paid for the membership cancellation notice. Members cannot be on a freeze rate at the time of cancellation.

Freeze of Membership

- 4.1 Members may freeze their membership by giving us notice prior to the 15th of the month before they wish to freeze their membership.
- 4.2 A monthly freeze charge is payable via Direct Debit, this is a charge of £5 unless a medical note is provided.
- 4.3 Freeze periods are for a minimum of one month, a maximum of six months and must begin on the 1st of the month.
- 4.4 Freeze periods are for a set period of time, after which your membership will automatically resume.

TERMS & Conditions

Membership Type Specific Terms

- 5.1 Corporate Memberships are available to all employees of a company with an agreed corporate rate. Proof of employment is required.
- 5.2 Joint Memberships are available for two people living at the same address. Proof of address is required upon sign up.
- 5.3 Student Memberships are available to registered students. Proof of Student ID is required upon sign up.
- 5.4 Over 60's Memberships are available to people over the age of 60. Proof of age is required upon sign up.
- 5.5 If any of the required membership type specific conditions cease to be met, the membership type will revert to a standard individual membership.
- 5.6 A membership add on, of our towels inclusive package can be requested at Reception. This will be £7 per month. This entitles you to 1 towel per visit, per day. (Additional towels can be hired for £1) This will be added to your membership fee and can be removed as per our cancelations/freeze time frames

General Conditions

- 6.1 These terms and conditions along with your application form along with any additional questionnaire/statement you are asked to complete or read regarding your health, any notices displayed by the Club from time to time, and the Club rules form your membership agreement with the Laguna Health and Spa.
- 6.2 Members must obey the Club Rules at all times. The Club may cancel or suspend your membership without notice if you or any of your guests repeatedly or seriously break the Club Rules. No refund will be given if your membership is cancelled or suspended under these circumstances. The Club may make reasonable changes to these Rules at any time provided that we give you advance notice of the change.
- 6.3 To provide the highest standards of facilities, the Club may need to close certain facilities temporarily for decorating, cleaning, essential repairs or maintenance of equipment and special events. The Club will make all reasonable efforts to keep such closures to a minimum.
- 6.4 If the club wishes to change these Terms and Conditions at any time the Club will notify you of the changes and if you are not happy with them you will have the right to cancel your membership.
- 6.5 These Terms and Conditions replace any previous versions. In addition these, Terms and Conditions apply at all times and take priority over any spoken communication from one of our team members
- 6.6 Your membership applies to you; you cannot loan or transfer it to another person.
- 6.7 The Club may assign the benefit of this agreement and our rights there under to a third party on notice to you.

WELCOME TO

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We hope you enjoy being a member with us at The Laguna Health & Spa.

If at anytime during your membership you have any queries, require additional information or need fitness guidance - our team are happy to help at any time.

The Laguna Health & Spa
Greyfriar's Road
CF10 3AL

029 20 111 110
clubmanager@lagunahealthandspa.com



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