

# SPA AND FITNESS TARIFF COTTONS



## Peak Membership

Peak Single  
Peak Joint  
Peak Business

## Monthly Direct Debit

£84  
£158  
£77

## Annual (12 Months)

£924  
£1,738  
£847

**Peak membership entitles you to full use of the Spa facilities during our full opening hours:**

Monday to Friday	6am - 10pm
Saturday	7am - 8pm
Sunday	8am - 9pm

## Off-Peak Membership

Off-Peak Single  
Off-Peak Joint  
Off-Peak Business

## Monthly Direct Debit

£65  
£120  
£60

## Annual (12 Months)

£715  
£1,320  
£660

**Off-peak membership entitles you to full use of the Spa facilities Monday to Friday, 8am - 5pm**

## Gym Only Membership

£45 per month

## Twilight Membership

**Twilight membership times are Monday to Friday from 6pm - 10pm**

## Single

£53

## Child Memberships

### Child access times:

Monday to Sunday      Open until 11am and 4pm - 7pm

## Child 0-5

£35

## Child 6-15

£45

### Adult only access times:

11am - 4pm and 7pm - Close

All our Spa Membership options include a selection of hot beverages on each visit to the Spa.

**ADMINISTRATION FEE:** An administration fee of £10 per membership applies to all membership options and must be paid in full upon application. Application fees apply to both new and ex-members.

## BOLT-ON OPTIONS

### Hotel Membership

- 25% discount on food, drink and accommodation across all of the Thwaites hotels
- 2x Spa Taster Treatments per annum
- 12 guest passes
- Advance booking options on hotel social events (must be opted in on email)

**PLEASE NOTE:** Hotel membership restrictions apply - please refer to the full Spa Membership terms and conditions.

## Monthly Direct Debit

£10 per member

## Annual (12 Months)

£120

### Group Exercise Membership

- Full access to our group exercise classes within your chosen membership category
- Online group exercise booking facility

## Monthly Direct Debit

£10 per member

## Annual (12 Months)

£120

All membership and joining fees include VAT at the current rate.

# SO MUCH MORE THAN A SPA...

The Cottons Hotel & Spa has lots to offer – and whether you take the hotel bolt-on or not, you'll always be welcome to enjoy the facilities and events on offer.

- AA rosette restaurant with large al fresco terrace.
- Tribute nights and disco nights – perfect for getting friends or colleagues together.
- Wine suppers and Gin Tastings – educational and good fun.
- Cosy, comfortable guest rooms – let us be your spare room.
- Event spaces for family celebrations – christenings, weddings and all of life's celebrations.
- Meeting spaces – from 2 to 200 – a great place to focus on the business in hand.

If you've opted for a hotel membership you'll be able to enjoy 25% discount on all food, drink, accommodation, events and spa treatments.\*

\*Terms and conditions apply



## Facilities

- Swimming pool 13m x 11m deck level.
- Fully equipped air-conditioned exercise area.
- Outdoor patio area with large whirlpool.
- Large whirlpool.
- Poolside colour therapy sauna.
- Poolside fibre optic steam room.
- Comprehensive range of studio classes.

## Additional Services and Benefits of Membership

- Full qualified instructors - REPs registered.
- 25% Spa Members discount (Hotel membership only).
- Complimentary consultations and induction.
- Personal training.\*
- Sports massage.\*
- Regular activities, social events, seminars and workshops.
- Use of other Thwaites Hotels Spas.

## Hotel

Our membership buys you so much more than a healthy lifestyle. One of the benefits of being a Thwaites Hotel Spa member is that you can also enjoy the surroundings and relax in the bar or restaurant.

So whether it's a glass of wine with friends, a cosy supper for two, or a celebration meal to remember - why not make the most of our facilities.

We'd also love to talk to you about your family celebrations, weddings, christenings and other gatherings.

\*Additional charges apply.

## Guests

Members may sign in guests at the rate of £15 per adult and £6 per child 6-15yrs and £3 0-5yrs, per visit. Guests are allowed only one visit per month and must adhere to the Terms and Conditions of Spa Membership. Child usage times may vary - please speak to the Spa Manager for more details. Non-members wishing to use the facilities without being accompanied by a Live Spa Member is prohibited, however this will be considered under exceptional circumstances by a prior arrangement and at the discretion of the Spa Manager, with our non-member guest fee rate of £30 applicable.

## Membership Bolt-On

Hotel Membership has been designed to ensure that you are able to make the most of our hotel facilities. You're 25% spa members discount is available on food, beverage and accommodation purchase, however there are some terms and conditions in place which must be adhered to:

- Your Spa membership must be in LIVE status in order to take advantage of the Hotel Membership discount.
- All bookings are subject to availability and cannot be used in conjunction with any other offer.
- Hotel membership card numbers must be communicated at the time of making any Hotel reservation, with bookings subject to availability and bookings must be part of the travelling party.
- A maximum of two rooms per membership can be booked on any one day, subject to availability.
- Your Hotel Membership card must be presented on checkout when settling your bill. Failure to do so may result in any discount being removed.
- Hotel membership cards must be presented when purchasing food and beverage within the hotels.
- If dining in the restaurant, tables must be pre-booked up to a maximum of 4-weeks ahead.
- Discount cannot be used in the Hotels when attending any function at the bar, unless agreed in advance with the Hotel General Manager.
- You are eligible to use you're hotel discount when entertaining up to 3 guests per membership, up to a party of 6. Any additional guests will be charged at full rate.
- Hotel membership cannot be used against Spa Membership payments.
- Hotel membership discount cannot be used for Spa Treatment bookings on any Saturday.
- Hotel Membership does not apply to Thwaites Inns and Pubs. Langdale Chase is also excluded between April – October.
- Credit card will be required to guarantee reservation.
- A 10am Cancellation policy on the day of arrival applies or 100% of the first night stay will be charged.

## Business Memberships

Available on a limited basis for 10 or more bona fide employees declared by the company with a reduced Joining Fee of £10 per person - please contact the Spa manager for more details. Corporate incentives for employees can be incorporated, dependant upon the number of employees that subscribe.