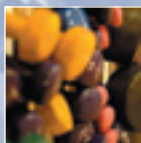
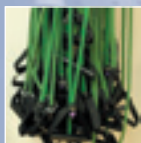
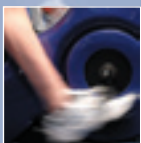
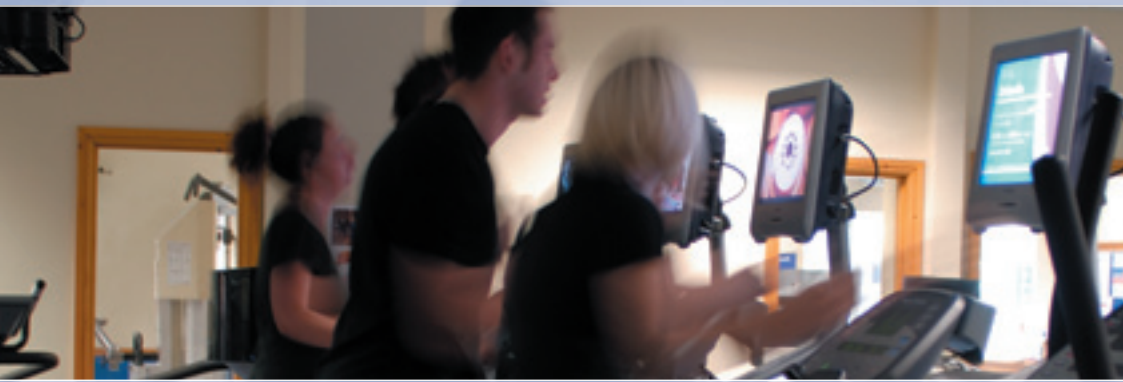


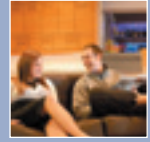
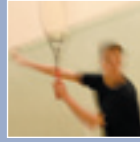
CORAL

HEALTH AND FITNESS



BRIGHTON & HOVE'S FRIENDLIEST HEALTH CLUB

www.coralfitness.co.uk



- **AIR CONDITIONED GYM AND AEROBIC STUDIO**

- **SQUASH COURTS**

- **SOLARIUM**

- **SAUNA**

- **BEAUTY CLINIC**

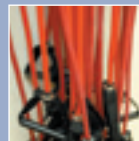
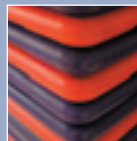
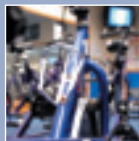
- **SPORTS THERAPY CLINIC**

- **PRE SCHOOL AND CRÈCHE**

- **CLUB LOUNGE AND BAR**

- **AMPLE FREE CAR PARKING**

**OUR AIM IS TO GUIDE AND ASSIST YOU
IN IMPROVING YOUR GENERAL FITNESS
BY OFFERING A PERSONAL SERVICE
WITHIN A RELAXED AND FRIENDLY
ATMOSPHERE.**



MEMBERSHIP WITH THE USE OF THE GYMNASIUM

INDIVIDUAL

open to all persons over 16 years old and allows full use of club facilities at all times

JOINT

comprises of 2 individual memberships for partners (certain conditions apply)

Children under 16 may be included at no extra charge, children over 16 but under 18 may be included for an extra charge.

OFF-PEAK JOINT

comprises of 2 individual memberships for partners (certain conditions apply)

Children under 16 may be included at no extra charge, children over 16 but under 18 may be included for an extra charge.

STUDENT

restricted to persons over 16 years old in full-time education. I.D. will be required.

OFF-PEAK

allows use of club facilities before 5pm and after 9pm, and all day Saturday, Sunday and Bank Holidays.

OVER SIXTY

open to all persons over 60 years old and allows full use of club facilities at all times.

OVER SIXTY OFF-PEAK

allows use of Club facilities before 5pm and after 9pm, and all day Saturday, Sunday and Bank Holidays.



MEMBERSHIPS WITHOUT THE USE OF THE GYMNASIUM

INDIVIDUAL SQUASH MEMBERSHIP

open to persons over 16 years old and allows use of Sauna, Sunbed, Bar and Club Lounge.

JOINT SQUASH MEMBERSHIP

comprises of 2 Individual memberships for partners (certain conditions apply) and allows use of Sauna, Sunbed, Bar and Club Lounge.

AEROBIC

open to persons over 14 years old and allows reduced price Fitness classes, use of Sauna, Sunbed, & Bar and Club Lounge (Sauna, Sunbed, & Bar and Club Lounge are subject to age restrictions).

SHORT TERM MEMBERSHIPS

2 WEEKS

1 MONTH

2 MONTH

3 MONTH

6 MONTH

1 MONTH STUDENT

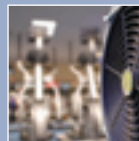
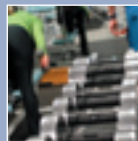
2 MONTH STUDENT

3 MONTH STUDENT

6 MONTH STUDENT



HEALTH AND FITNESS



GYMNASIUM HOURS:

MON - FRI 7AM - 10PM

SAT 8.30AM - 8PM

SUN 9AM - 8PM

BANK HOLIDAYS MAY VARY PLEASE CHECK AT RECEPTION

GYMNASIUM

Over 100 pieces of training equipment in an air conditioned environment staffed by professional instructors who will advise on your objectives, whether they are weight loss, improved mobility or just increasing your general fitness.

ONE TO ONE PERSONAL TRAINING IS AVAILABLE, PLEASE ASK A MEMBER OF OUR GYM TEAM OR CONTACT RECEPTION FOR DETAILS.

AEROBIC STUDIO

Regular aerobics, step, body pump, circuits, Pilates and yoga classes are held in our air conditioned aerobic studio. See separate time table or www.coralfitness.co.uk for details and prices.

PRE SCHOOL & CRÈCHE

Children from birth to 8 years old may enjoy the fully equipped & air conditioned pre school & crèche. Our qualified staff will entertain, educate and care for your child see www.coralfitness.co.uk for details and prices.

SUNBED

5 & 10 Minute sessions are bookable at reception.

SAUNA

Free to all members, but restricted to over 16 only.



SQUASH AND RACQUET BALL

Individual or group coaching is available throughout the week from one of our qualified coaches, club night and our open leagues are open to players of all standards, which provide an ideal opportunity to meet other club members. Courts are 40 minutes per session and bookable at reception.

NAIL & BEAUTY CLINIC

Offers an extensive range of treatments, carried out by fully qualified therapists. Our clinic is at the forefront of new developments in technology, including non surgical facelifts, and aromatherapy massage. Free consultations are available. See separate price list.

SPORTS THERAPY

A broad range of treatments focusing on injury prevention, and sports massage and manipulation. Contact reception for details.

CLUB LOUNGE AND BAR

Our club lounge and bar has a late night licence for events such as discos and parties and is available for hire. Contact reception for details.

OPENING HOURS:

GYMNASIUM

Monday - Friday	7am - 10pm
Saturday	8.30am - 8pm
Sunday	9am - 8pm

BANK HOLIDAYS

Times may vary - please check at Reception.

Tel: (01273) 731262 Email: healthclub@coral.co.uk

Web: www.coralfitness.co.uk

Coral Health and Fitness, Orchard Road,
Hove, East Sussex BN3 7BG

**APPLY NOW
FOR MEMBERSHIP**



I WISH TO APPLY FOR (please tick as applicable)

<input type="checkbox"/> INDIVIDUAL	<input type="checkbox"/> STUDENT
<input type="checkbox"/> JOINT	<input type="checkbox"/> OFF-PEAK
<input type="checkbox"/> AEROBIC	<input type="checkbox"/> OVER 60'S

FOR OFFICE USE ONLY

NAME

MEMBERSHIP NO.

PRIMARY APPLICANT:
Mr Mrs Ms

Surname:

Forenames:

Address:

.....

Postcode:

Daytime Tel:

Home Tel:

Mobile:

Email:

Occupation:

Date of Birth:

CHILD 1

Surname:

Forenames:

Date of Birth:

CHILD 2

Surname:

Forenames:

Date of Birth:

PARTNER/SPOUSE:
Mr Mrs Ms

Surname:

Forenames:

Address:

.....

Postcode:

Daytime Tel:

Home Tel:

Mobile:

Email:

Occupation:

Date of Birth:

CHILD 3

Surname:

Forenames:

Date of Birth:

CHILD 4

Surname:

Forenames:

Date of Birth:

I wish to apply for membership of Coral Health and Fitness and if accepted agree to abide by the rules of the Club. I understand that these may be changed from time to time at the discretion of the management.

Signature

Date:

www.coralfitness.co.uk



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