



## Reading Rugby Football Club Membership Options At Pulse 8 Health & Fitness Club

Pulse 8 Health & Fitness Club is part of the award-winning Nirvana Spa complex and has firmly established itself as Berkshire's leading Health & Fitness Club. The vast variety and choice of facilities within the club enables every profile of user the opportunity to experience the ultimate in health and fitness

### Anytime Membership

This option allows full, unrestricted use of all facilities at Pulse 8 and the tennis courts based at Nirvana Spa.

### Express – 6 Week Free Trial when you join before 31<sup>st</sup> August 2010

This option allows admittance to Pulse 8 and Tennis Courts based at Nirvana Spa from Monday – Sunday prior to 9am. Out of hours usage £6.00 per visit.

### Junior Option

Suited to more frequent users, the membership is paid monthly by direct debit.

### Junior Standard

This membership is only available to children who have at least one parent who is a current active member of Nirvana Spa or Pulse 8 Health & Fitness Club. There is no membership fee for this category, only an activity fee.

### Junior Gym Membership

For children from their 11th birthday up to their 16th birthday. Monday to Friday between 11am and 4.30pm (Excluding Spa Pool, Sauna and Steam areas), and Saturday and Sunday evenings ONLY from 6pm(Excluding Sauna and Steam area). Children must be accompanied by an adult at all times. Please see Junior Gym booklet for further information.

### Junior Membership options – additional information

For children from their 16th birthday until the 1st of September following their 18th Birthday. On reaching 18 years of age and/or completion of the Academic year all juniors are then asked to convert to an Adult Membership.

The membership will allow entry to all facilities at Pulse 8 Health and Fitness Club from Monday – Friday up to 6.30pm (departure from the club must be by 7.30pm) and unlimited access at weekends.

Entry after 6.30pm weekdays is entirely at the discretion of the Duty Manager, if admitted there will be an additional entry fee of £2.50 making the total fee for the visit £5.00 Proof of age must be presented on application for ALL Junior Memberships.

	Monthly Direct (Debit per person)	Usage fee per visit
<b>Anytime</b>	£38.00	N/A
<b>Express</b>	£21.50	N/A
<b>Junior Option</b>	£25.00	N/A
<b>Junior Standard</b>	N/A	£2.50
<b>Junior Gym</b>	N/A	£2.50

Club Opening Hours	
<b>Monday – Thursday</b>	6.00am - 10.30pm
<b>Friday</b>	6.00am – 10.30pm
<b>Saturday Sunday &amp; Bank Holidays</b>	8.00am – 9.00pm



### Members Information

Your membership at Pulse 8 is intended to be for at least a year, however if your circumstances change you may cancel your membership at any time with a minimum of 14 days notice prior to the 1st day of the month in which you wish to cancel. If paying by direct debit the payments will continue to be debited on an on-going basis until you contact us in writing to discontinue your membership. Monthly subscriptions by direct debit include a small finance charge for the provision of this facility. It is included in the fees shown.

### Money Back Guarantee

In accordance with the Club Rules, the Joining Fee is non refundable. However, if for any reason you wish to change your mind within the first four weeks of membership and withdraw from the Club we will refund any element of the Joining Fee paid.

All fees include VAT at the appropriate rate

### Membership – Further Information

**Gym Appointments:** All appointments are booked through Pulse 8 Reception.

**Inductions:** (no additional charge)

- 1) Standard Induction – For the member who needs coaching and guidance, a one hour session with an extra half an hour session within two weeks and a re-assessment within a month. The sessions will produce an exercise programme that the member is happy and confident to follow.
- 2) Beginner/New – For the new member who is new to the gym or has been unsuccessful with previous exercise programmes, an hours session is required to set up an exercise programme. This will be followed by a further four half an hour sessions in your first month, to ensure complete satisfaction

**Re-Appointment:** (no additional charge)

A review of your last Medical Questionnaire, Blood Pressure and Programme. Looking to set new targets with added variety and continual motivation. These appointments are unlimited to members.

**Personal Training:** Personal training is the ultimate training session, designed to give you a personalised one to one session with the instructor of your choice. This service is designed to ensure you maintain direction with innovative programming and constant variation of exercise routines. Your first assessment is free of charge. Please ask at reception for further information including prices.

Single session = £32.50

Course of 10 sessions = £292.50

**Classes:** All class spaces are available on a first come, first served basis. Aqua classes need to be booked in advance at reception.

**Additional Charges:** Charges are applicable for the following facilities: Crèche usage, Guest entry, Personal Training, and Specialised aerobic courses.

**Guest Policy:** Members can sign in up to a maximum of three guests to use the Pulse 8 facilities, with time and activity restrictions applicable. Members must be present and responsible for their conduct at all times.

**Adult Guest fee:** £7.50 per guest. Entitles a guest to use all the facilities, including the Spa Pool, Sauna & Steam Room.

**Junior Guest fee:** £5.00 per guest. Entitles entry to all facilities at Pulse 8 Health and Fitness Club from Monday – Friday up to 6.30pm (departure from the club must be by 7.30pm) and unlimited access at weekends.

Childs Activity fee: £2.50. This is applicable for children under the age of 16 to use either the Badminton or Tennis facilities under the supervision of an adult/guardian who is a current active member from Monday – Friday up to 6.30pm (departure from the club must be by 7.30pm)

**Spa Pool Availability:** For over 16's only. The Spa Pool is not available for use during the following times due to Children's Swimming Lessons: Monday 2.00pm – 3.00pm & 3.30pm – 5.00pm; Wednesday 2.00pm – 3.30pm & 4.00pm – 5.30pm; Friday 1.30pm – 2.30pm & 3.30pm – 5.30pm; Saturday 8.15am – 2.00pm; Sunday 8.15am – 11.00am. During these times, the Sauna and Steam Room are still available for use.

**Cancellations:** All bookings require 24 hours notice of cancellation, otherwise the applicable cancellation fee will be charged.



## The Gym ... Six Specific Zones

### Wellness Zone

The 99 state of the art technogym cardio stations in the **Wellness Zone** are refreshingly easy to use, with touch screen technology, freeview tV, ipod docking stations, interactive tutorials and much more ...

The 29 Gym 80 resistance machines are the best in the business and are perfect for those who are new to exercise and also for those who use the gym regularly.

The machines are very user friendly and can provide a total body workout for any shape, any body and any goal, from a combination of fixed plate and cable machines.



### Sports And Performance Zone

The **Sports and Performance Zone** offers a fantastic and innovative range of equipment for the more advanced user and for professional sportsmen and women.

The zone has 50 stations combining fixed plate, dual-axis, cable and free weights, which offer excellent strength training options. Olympic Bars and Benches add to this truly amazing area.



### Stretch And Education Zone

This is the perfect zone for stretching out and relieving your body of any tension and stress, and with supportive flooring and stretch bars you'll be able to improve your flexibility and achieve deep stretches.

Group induction and educational sessions and programmes will also take place in the **Stretch and Education Zone** and add a social and fun element to learning and working out with other members and friends.



### X-Bike And Run Zone

The X-Bike classes are always fun and motivating and with 35 X-Bikes, you can enjoy the thrill of an outdoor ride on the huge virtual reality screen.

Why not try the 9 X-dream Bikes for a virtual and motivational range of bike rides and challenges – with small group race nights coming soon; or how about joining a running class on the 8 treadmills in the **Run Zone**.



### Circuit Zone

The **Circuit Zone** offers a comprehensive and easy to use range of equipment and is ideal for members who are new to exercise.

The circuit classes are great if you need the added motivation and atmosphere of an organised class and will soon include instructor led boxing and other types of training, including drop-in timed circuit sessions.





## Brand New Technogym and Gym 80 Equipment

★40 Treadmills   ★4 Waves   ★22 Synchro Cross Trainers   ★24 Upright Bikes  
★6 Recline Bikes   ★12 Vario Run Motions  
★16 Concept rowers   ★84 Resistance and Cable Machines

... and an outstanding range of free weights and benches

And with ...

260 pieces of gym equipment ... over 100 FREE classes a week ...  
Hydrotherapy Spa ... Sauna Steam Room ... Tennis ... Creche ...  
Treatment Studio ... Badminton ... and the Café Bar

... Pulse 8 offers you some amazing health and fitness options and the best value for money Club in the South

## Pulse 8 Health & Fitness Club

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For further details  
Visit [www.pulse8healthclub.com](http://www.pulse8healthclub.com)  
Call 0118 989 7570