



Your Fitness

China Fleet
Country Club

Your Membership

We have a great variety of membership options available at China Fleet Country Club and we are so confident that you will love the club once you have joined that all monthly subscriptions are contract free. Paying monthly by direct debit, you have complete flexibility to change your membership to suit your lifestyle needs. All of our memberships include use of the Health Club facilities, gym, exercise classes, swimming pool, Aqua Spa, tennis, badminton and squash.

Choose a membership that suits you:

Full Leisure Membership

A monthly membership that entitles you to use all of the facilities and exercise classes 7 days a week, with no additional charges.
No annual contract.

Off Peak Full Leisure Membership

A monthly membership that entitles you to use all of the facilities and exercise classes Monday to Friday, 6.30am to 5.00pm (last admittance 4.30pm), with the option of paying for each facility and activity at the weekends.
No annual contract.

Pay as You Play Membership

A monthly membership that entitles you to pay each time you use the facilities and exercise classes.
No annual contract.

Pay annually and you do not pay a joining fee, you also receive one month FREE!



Leisure & Golf Membership

A monthly membership that entitles you to use all facilities, exercise classes and the golf course at any time, 7 days a week, with no additional charges.
No annual contract.

Business Membership

A fantastic opportunity for employees of the same business to enjoy 3 Months Membership For The Price Of 2* No joining fee, No annual contract and a discounted monthly subscription.

*The month that you join is the month you receive for FREE.

Please speak to a membership advisor for more information.

Corporate Membership

A fantastic opportunity for businesses and their clients/employees to experience a great range of facilities and activities. Please speak to a membership advisor for more information.

Member Exclusive Benefits

We reward loyalty, so your member discounts increase over time.

When you join you receive:

10%* discount in our Brasserie, Lounge Bar & The Cabin - Café & Bar
Discount on Accommodation

10%* discount in the Barn Spa Beauty
(excluding certain specialist treatments & products)

Discount on driving range balls and green fees

*Increases to 15% after 5 years, 20% after 10 years continued subscription

10% discount on the Woodland Adventure Golf course

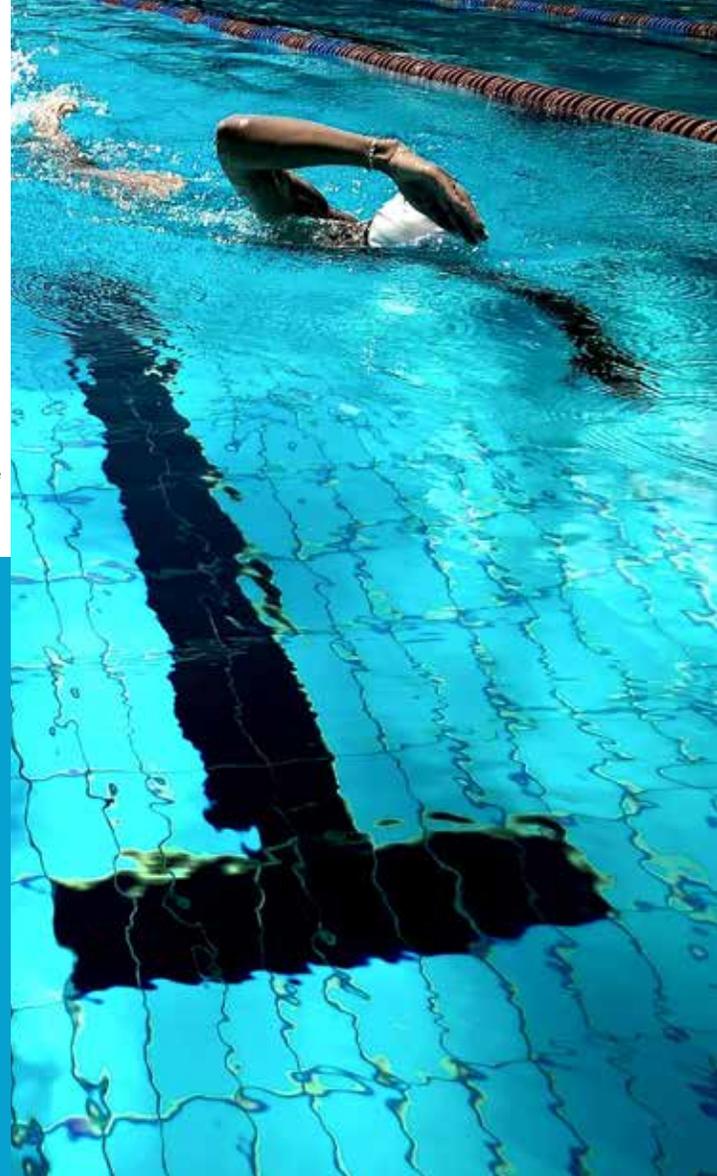
Reduced price for Woodland Fairy Trail activity book

Discount does not apply to vending items

Member Get Member

If you know someone that is already a member with us, ask them to recommend you and you will both receive a reward. Speak to one of our friendly membership advisors for more details.

Not to be used in conjunction with any other offer.





Gym

We pride ourselves on providing a gym where everyone feels welcome. Whether you are looking to tone up, improve your health or train for an event, all the facilities and equipment you need to help you achieve your goals are here for you.

Before you get started choose from one of our FREE gym experiences.

Aqua Spa & Pool

Indulge in our Aqua Spa, the ultimate place for relaxation with all the facilities you could need. Laconium, Foot Spas, Ice Chute, Finnish Sauna, Salt Steam Room, Aroma Steam Room, Spa Pool, Tepidarium Loungers & Experience Showers all included in your membership (minimum age 16 years).

Take a dip in our indoor pool, with a beach entry, a designated lane for those who want to swim lengths and plenty of water features for those who want to have fun, our pool is perfect for all ages and abilities.





Boditrax Equipment - Included in your membership

Helping you to maintain your fitness goals, this machine will measure weight, segmental muscle and fat total, intra and extra cellular fluids, skeletal and abdominal cavity analysis, metabolic efficiency, metabolic age and cellular performance.

Your Gym experience - included in your membership

With 8 journeys to choose from try one or try them all!

Get Started - 15 minute induction

A brief introduction to the gym, for those of you who are regular gym users.

Get Healthy - 30 minutes on our Boditrax equipment

A great starting point to any health and fitness journey.

Get Fit - 30 minute CV equipment

Looks at introducing you to the majority of our CV equipment.

Get Techno - 30 minute introduction to the Skillmill & Skillrow

You will be fully educated on our techno gym equipment.

Get Functional - 30 minute introduction to numerous functional exercises

You will be introduced to the Core Bags, Kettlebells, TRX Bands, Slam Balls and Medicine Balls.

Get Strong - 30 minute free weights and strength machines

Build muscle, tone up or just get a little stronger, this session is a great insight into the various exercises that can be done.

Get Core - 30 minute Core Exercises

You will be introduced to our various different apparatus, designed to help you strengthen your core.

Get On Your Bike - 30 minute IC7 Bikes

With the Train by Colour mode, they are a lot of fun whilst working you extremely hard.

Get Active - 60 minute programme

Will increase your confidence in the gym and teach you correct exercise techniques.



Exercise Classes

90% of people say they prefer to exercise in groups, that is why we offer all our members over 95 weekly classes, including the world famous Les Mills workouts and virtual cycle classes. Our exercise classes are fun, friendly sessions led by highly qualified, experienced instructors who will motivate and direct you throughout the class (minimum age 16 years).

Whatever your ability, there is sure to be something that will suit your needs and help you to achieve your goals.

Racquet & Sports

We pride ourselves on offering some of the best racquet facilities in the area. Whether you are a beginner or advanced player, playing for fun or competitively, our courts will ensure you get a top quality workout.

Choose from squash, tennis, badminton, short tennis, table tennis, short mat bowls and racquet ball.





For Our Younger Members

Packed with exciting and fun-filled activities and facilities, including after school clubs and holiday sessions, we have something for all our younger members.

Junior gym (11 - 13yrs)

Structured and supervised session available for our younger members to gain knowledge about fitness and the benefits of exercise.

Junior cycle (10 - 15yrs)

A great after school activity for our younger members, join our instructor led class in the Keiser cycle room.

Woodland Adventure Golf (all ages)

18 holes of exciting crazy golf, fun for all the family.

Woodland Birthday Parties (up to 12yrs)

A fantastic adventure awaits the birthday boy or girl on our 18-hole Woodland Adventure Golf Course.

Woodland Fairy Trail (all ages)

Buy an activity book and start your adventure on the Woodland Fairy Trail, with clues along the way, answer the questions in your activity book to be in with the chance of winning FREE entry to the Woodland Adventure Golf course.

Junior dragons (5 - 12yrs)

Join in the fun after school with our instructor led, planned sports activities.*Term time only

Junior squash (7 - 15yrs)

A great opportunity to learn a new sport or just improve your skills (Sept - April).

Golf Access (5yrs)

From beginners to more experienced golfers, participate in weekly golf coaching. All year round - see golf shop for more details.

Term time courses

Choose from trampolining, swimming lessons and rookie lifeguard training.

*Additional charges apply.

Funzone

An action-packed indoor soft play area, including a great variety of ball pool, slide and tunnels.

Woodland playpark

Outdoor playpark set next to The Cabin - Café & Bar. Perfect for the children to play while you enjoy a coffee or snack.





China Fleet Country Club, Saltash, Cornwall, PL12 6LJ UK, Telephone 01752 848668 option 1

www.china-fleet.co.uk

FOOD HYGIENE RATING

