



Wickwoods

COUNTRY CLUB, HOTEL & SPA

MAKING THE MOST OF YOUR MEMBERSHIP

Here at Wickwoods you will find a professional and welcoming team on hand to help encourage and motivate you. We stay in touch, review your progress, offer support and incentives to help you become fitter and lead a healthier relaxed lifestyle.

All our Members benefit from a range of complimentary sessions which can be booked online or at reception. We have something for everyone, from the complete beginner to the competitive sports person, making the most of your membership at Wickwoods could not be easier.

YOUR HEALTH & FITNESS JOURNEY: Through the club's Fitness Reward Journey members are entitled to up to five hours of one to one consultation with our friendly, qualified health and fitness coaches. The health and fitness team will meet with you to discuss your personal goals and develop a wellness and fitness programme suited to you, to ensure you are able to develop a healthier and fitter lifestyle.

HEALTH CHECKS & ADVICE: Comprehensive health checks are part of the Fitness Rewards Journey, along with bespoke health and fitness programmes which are complimentary for all Members. The Journey has been designed to help you achieve long-term positive changes to your health and fitness. Complete the Fitness Rewards Journey and benefit from a FREE Month's Membership.

EXERCISE CLASSES: There are exercise classes to suit every level and ability. The classes are a great way to complement any fitness programme as well as meet like-minded Members. Pick up our class schedule around the Club or ask at reception.

LEARN, PLAY & ENJOY TENNIS: Whether you are a complete beginner or a seasoned pro, the Wickwoods tennis programme enables Members of all abilities to make the most of our tennis facilities. Begin with a complimentary Beginners Tennis Induction or the Meet the Coach session, both are held every third Saturday of the month. Alternatively, join a Beginners Coaching session every Monday and Friday morning. Having completed an induction or coaching session, you will receive a coaching voucher, giving you the chance to attend one of our many group coaching sessions available throughout the week. You will then be free to utilise the tennis courts, coaching groups and social sessions as you desire.

Looking to develop your playing skill quickly? Sign up for a six week Fast Track To Tennis course designed to cover all the basics. More advanced players are invited to join our weekly Friday night or Sunday morning social or consider trialling for our teams. There is also a comprehensive coaching programme and tournament calendar suitable for all abilities. For more information about tennis please email tennis@wickwoods.co.uk.

TREATMENTS & THERAPIES: At Your Spa, relax in luxurious treatment rooms and enjoy time for you. Provided by experienced and friendly therapists, Your Spa has assembled a full range of treatments and beauty maintenance essentials to keep you feeling and looking your very best. We have hand-picked leading Spa brands including Guinot, Crystal Clear, Sienna X and OPI. Pick up the Your Spa Treatment List around the Club or at reception and remember to keep an eye out for our monthly newsletters with current offers, tips and advice.

SOCIAL EVENTS: Here at Wickwoods meet like-minded Members and relax with friends at our Club events. With a varied social calendar, events include balls, themed nights, live music, quizzes, murder mysteries and key annual dates such as Valentines and Mother's Day. Our comprehensive social diary can be found around the Club, at reception or on our website. Events are open to both Members and their guests. Why not join us for our next fabulous event?

The entire team here at Wickwoods are at your disposal. Should you feel the need, we are on hand to discuss any views you may have. Please contact reception on 01273 857567 or email the Club's reception manager Natasha Cottrell natasha@wickwoods.co.uk.

Please see overleaf for "Helpful Tips" →



HELPFUL TIPS

MAKE LONG-TERM CHANGES TO YOUR HEALTH AND FITNESS.

Begin with a sensible and achievable level of commitment and build on this slowly over a number of weeks and months. This way you should find exercising both enjoyable and sustainable, ensuring that health and fitness becomes a manageable and permanent part of your day-to-day life.

Recent studies have shown that exercise with a friend is an easy method to remain motivated. Exercise with a friend keeps you focused, is fun and helps your progression in achieving goals (see Introduce a friend to the Club, below). Varying the exercise you do helps to keep your interest alive. Try a couple of exercise classes or tennis sessions alongside your gym workouts. On rest days, Your Spa is the perfect place to relax and unwind. Enjoy a massage to ease those muscles, followed by a dip in the hydro pool or a session in the steam room. Speak to a Wickwoods health and fitness coach who will be happy to devise you a personalised programme.

BUSY PERIODS

Wickwoods operates a strict maximum number of Members policy. However, as with all good health and fitness Clubs, there are peak days and times when the facilities are busier than normal, particularly so in January & February. Generally there is plenty of capacity throughout the Club and Members who come outside of the peak periods often enjoy an almost exclusive use. The peak time for most areas is between 18:30 – 20:00, Monday through to Thursday.

MAKE THE MOST OF YOUR ROUTINE IF YOU ATTEND THE CLUB DURING THE BUSIER PERIODS...

THE GYM: Have a backup range of exercises to switch to if the equipment you need is in use. This can significantly boost the result of your workout and should be seen as beneficial as opposed to an inconvenience. Talk to a health and fitness coach about incorporating these into your workout.

THE POOL: If the pool is busy, limber up those muscles by relaxing for 10 minutes in the hydrotherapy pool, follow this with a 10 minute steam and your muscles will be warm and ready for a swim.

TENNIS COURTS & EXERCISE CLASSES: We advise that you book as early as possible to secure your preferred time slot.

EXERCISE CLASSES: Our class schedule is continually being developed and where there is high demand we usually introduce additional classes. Please let us know if you have any difficulty booking a class.

CHANGING ROOMS & LOCKERS: Families and those who are less able are encouraged to use the family changing room which can be found by the pool. As with all changing areas personal belongings should always be placed in a locker for both security and space. Additional lockers can be found pool side, opposite the gym entrance and in the corridor leading to Your Spa.

INTRODUCE A FRIEND TO THE CLUB: Having a common interest with a friend is a great motivator. Bring a friend on a guest pass and if they join, we will either replace your guest pass or give you a voucher worth up to £25.00 to spend in the Club's restaurant "The Glass House". You will also be entered into our prize draw to win a year's annual membership. Your referred friend will also be offered preferential rates upon joining. Refer online at wickwoods.co.uk/refer, at reception or call 01273 857567.

Wickwoods
COUNTRY CLUB, HOTEL & SPA



FOLLOW US ON SOCIAL NETWORKS
Get the latest Wickwoods updates & offers.