



MIDDLETON HALL

RETIREMENT VILLAGE

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HEALTH & WELLBEING CENTRE

# Standard Membership

£52 per month - £20 Joining fee

Welcome Pack - Branded Drinks Bottle & Coffee Loyalty Card

Unlimited access to gym and pool during member opening hours (see timetable)

Complimentary Exercise Programme

Exercise Classes

Access to Middleton Hall Sports Facilities and Woodland Walk

Access to Middleton Hall Events & Library





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## Plus Membership

£63 per month - £10 Joining Fee

Welcome Pack Plus – Branded Drinks Bottle, Coffee Loyalty Card, Complimentary Orangery Hot Drink Voucher, 2 Free Guest Passes

Unlimited access to gym and pool during member opening hours (see timetable)

Complimentary Exercise Programme & Nutrition Plan

Exercise Classes

Access to Middleton Hall Sports Facilities and Woodland Walk

Access to Middleton Hall Events & Library

25% ongoing discount on Gait Smart Testing

25% ongoing discount on PT Sessions





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## Premium Membership

£75 per month - No Joining Fee

Welcome Pack Premium - Branded Drinks Bottle, Coffee Loyalty Card, Complimentary Orangery Hot Drink Voucher, £15 worth of Orangery Vouchers, 6 Free Guest passes

Unlimited access to gym and pool during member opening hours (see timetable)

Complimentary Exercise Programme, Mini Health Check, Nutrition Plan & Direct email support

Exercise Classes

Access to Middleton Hall Sports Facilities and Woodland Walk

Access to Middleton Hall Events & Library

2 Free Gait Smart tests per year, plus 25% discount for additional tests

1 Free PT Session per month, with 25% ongoing discount for additional sessions

5% ongoing discount in the Orangery Bistro





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# ADDITIONAL PRICES

One off month - £62 per month  
(only available under  
Standard Membership Terms -  
excludes welcome pack)

Day Pass - £16 per person

Personal Training available to  
members at £16 per 30 minutes

