



# MIDDLETON HALL

RETIREMENT VILLAGE

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HEALTH & WELLBEING CENTRE

## 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

