



# MIDDLETON HALL

RETIREMENT VILLAGE

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HEALTH & WELLBEING CENTRE

## 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

