



Yorkshire

SPA RETREAT



FAQ's For Gym Membership

For all enquiries please email gym@yorkshire-spa-retreat.co.uk

What Are Your Opening Times?

Our gym welcomes external members daily between 7:00am – 9:00pm and Lodge Guests between 8:30am and 5pm.

How Much Is A Membership?

Our membership has different price options...

- **Gym Membership** – £780 one-off payment or £65/month direct debit
- **Gym Membership & Spa Pass** – £1,140 one-off payment or £95/month direct debit. Includes 1 free spa access per month
- **The Ultimate Gym & Spa Memberships** – Annual Membership – £1950 or £165/month direct debit includes unlimited spa and gym access, plus 20% off spa treatments and retail products, along with reduced-price guest passes

Can I Save Up My Free Spa Days?

No, your complimentary three-hour spa pass is issued monthly and must be used within that month. Passes cannot be rolled over or accumulated. Please note this pass is only valid on a certain membership type.

What Age Do You Need To Be To Use The Gym?

Membership is available to those aged 16 and above.

How Do I Join?

To become a member, please email us at gym@yorkshire-spa-retreat.co.uk and a member of our team will assist you.

Do I Have To Attend My Induction?

An induction is mandatory. Attending your induction will help you feel confident with our equipment, introduce you to our membership app, and ensure you know how to get the very best out of your gym experience.

How Do I Cancel My Membership?

Memberships have an initial minimum term of 6 months. After this period, a 3-month cancellation notice is required.

Can I Freeze My Membership?

Unfortunately, memberships cannot be frozen.

How Does The Gym Work?

Membership operates via a QR code system using the Technogym App. Each time you visit, you'll generate a one-time code to gain secure access to the gym.

Are Classes Included In My Membership?

Classes will be chargeable and payment will be required when booking onto the session.

Do I Need Money For A Locker?

No, these will work on a digital code basis

What Equipment Is There In The Gym?

Cardio Equipment

- 2 × Treadmills
- 1 × Spin Bike
- 1 × Upright Bike
- 1 × Cross Trainer
- 1 × Stairmaster
- 1 × Rowing Machine
- 1 × Ski Erg

Strength & Resistance Machines

- 1 × Leg Press
- 1 × Leg Curl / Extension
- 1 × Dual Adjustable Pulley
- 1 × Hack Squat
- 1 × Dual Abductor / Adductor
- 1 × Dual Pectoral / Reverse Fly

Free Weights & Functional Training

- Dumbbells
- Kettlebells
- Sandbags
- Medicine Balls