



## Payment Methods

We are happy to accept:

- Standing Order (monthly membership)
- via Salary for SFT staff (monthly membership)
- Cash or card payments for monthly membership (referrals and students only)
- Cash or card payments for 3 months memberships

## Contract and notice for cancellation

- **A minimum membership of three months is required when you sign up**, following this period we require only one full calendar month notice of cancellation
- An upgrade of membership can be undertaken at any point
- Loyalty card scheme is in operation for all bronze users
- Temporary memberships are available, please ask at our reception for more information. (Weekly Pass)

\*Silver plus and Diamond memberships offer a discount for a one off annual payment and a one year contract. Following a 14 day cooling off period **this membership cannot be cancelled until the end of the 12 month period.**

**Our members are very important to us. We are a small, happy and friendly team who are experts in our field of work. We work hard to ensure that the advice, service and the atmosphere you enjoy are to a high standard.**



We are a non profit making centre who will invest membership fees back into the facilities provided for you.

The Team feel a great sense of pride and job satisfaction when our members achieve their goals and reflect upon how far they have come on their fitness journey.

## Membership is available to everyone:

- Staff and volunteers who work at Salisbury District Hospital
- Foundation Trust Members who have signed up to our hospital and support us ( **Star** membership - please note these places are limited)
- **Referral** Membership linked with our Exercise Referral Scheme (see referral leaflet for more details)
- **Graduate** Referral membership for referred patients who need ongoing exercise to maintain and managed their condition long term
- Students enjoy a reduced price membership. We will need student photo ID when you join / renew.
- **Public** Membership for everyone else!

A full list of prices is inside. Please ask our friendly reception staff for help if you need it.

# Odstock Health and Fitness

# Membership



## Contact us

**Telephone Direct Dial 01722 425085**

Telephone Via Switchboard 01722 336262 Ext 2085

**E-mail** [odstockhealthfit@salisbury.nhs.uk](mailto:odstockhealthfit@salisbury.nhs.uk)

Website [www.odstockhealthfit.co.uk](http://www.odstockhealthfit.co.uk)

# Membership and prices

## Membership Types

### Bronze

Pay a small monthly subscription and then 'Pay as You Go' on all activities at a reduced price.

### Silver/Silver Plus\*

Unlimited use of two of the following Gym, Swim, Classes, Squash and Tennis.

### Gold/Diamond\*

Unlimited use of all activities available including Gym, Swim, Classes, Squash and Tennis.

### The Health and Fitness facilities include:

- 20 metre main pool
- 8 metre learner pool
- Hydro therapy pool
- Fully equipped gym
- Full range of fitness classes (both in the pool and in our studios)
- Treatment room offering a range of therapies
- Squash and tennis courts
- Meeting and function rooms for hire
- Light refreshments



[www.odstockhealthfit.co.uk](http://www.odstockhealthfit.co.uk)



## General Membership Prices

Types	One off joining fee	Bronze Per Month	Silver Per Month	*Silver Plus Per Year	Gold Per Month	*Diamond Per Year
Staff	£7	£3	£20	£220	£28	£280
Star	£7	£3	£20	£220	£28	£280
Student	N/A	£3	£18	£198	£26	£260
Retired SDH staff	£7	£3	£19	£209	£27	£270
Public membership	£10	£4	£25	£275	£33	£330

## Referral Membership Prices

Types	One off joining fee	1 activity per month	2 activities per month	3 activities per month
<b>Referral</b>	£10	£17	£24	£31
<b>Graduate</b> referral	N/A	£17	£24	£31
<b>Child</b> referral (under 16)	£10	£15 (option gym or swim)	N/A	N/A
Hydro therapy spinal pool	£10	10 session pass (no time limit) £25	N/A	N/A
Cardiac rehab exercise support group	N/A	10 session pass (no time limit) £24.50	N/A	N/A