



Health Fitness & Beauty





BEAUTY...

Our exclusive Reflections Elemis Day Spa at Shorefield Country Park, Milford on Sea, is a place where you can relax, unwind and receive some of the best Spa therapies and beauty treatments available.

The personal and tranquil environment allows you to appreciate the peace of mind that comes from total relaxation. Choose individual treatments for face or body or take advantage of our half or full day pamper packages.

- Comprehensive range of treatments
- Fantasy tan tanning booth • Manicures • Pedicures - *Open from 9am every day*

make time for yourself!

**Reflections**
Elemis Day Spa

HEALTH... FITNESS...

Make use of our indoor pools with spa facilities or our fully equipped gyms and fitness studio.

There is something for everyone, whether you are a family looking for fun, fitness fanatics eager to maintain a routine or busy people escaping for relaxation and pampering.

The gym is fully air conditioned and includes the latest equipment, including Power Plates, step machines, rowers, resistance machines and free weights. Qualified instructors are on hand to advise on programmes and are always available to conduct individual fitness assessments.

- Air conditioned fitness suites • Free weights • Sauna, steam rooms, spa baths • Indoor and outdoor pools • Tennis court*
- Astro Turf Football court* • Exercise classes* • Beauty treatments • Qualified fitness consultants & sports therapists
- Bars, bistros • Nightly Entertainment* • Full use of both clubs at Milford on Sea & St. Leonards near Ringwood

**Additional charges may apply - Open from 7am to 10pm every day*



AMBASSADOR'S CLUB

The Ambassador's Club is our way of rewarding our leisure members.

The club is free and you will be automatically enrolled.

Every year we plan to organise a selection of events at both Shorefield & Oakdene.

These events will include...

- *Exclusive* parties at the beginning and end of every season • *Exclusive* outings
- *Exclusive* Discounts available across a broad range of our products and services, including our Reflections Elemis Day Spa
- Discounts on events throughout the year including Christmas and New Year

Visit the Ambassador's Club section on our website www.shorefield.co.uk

Register for regular e-newsletters and receive a biannual copy of the Leisure Times publications to keep you fully updated.

We hope to see you at one of our events soon and welcome you in style to THE AMBASSADOR'S CLUB



SHOREFIELD

EXCLUSIVE HEALTH & FITNESS CLUBS

Welcome to Oakdene Health & Fitness Club

Whether you want to improve your fitness, lose weight or are looking for fun and motivating activities for all the family, we can meet your needs. We offer excellent leisure facilities as well as a range of membership options to suit everyone. Alongside the latest equipment comes a great atmosphere which offers a brilliant opportunity for you to make new friends at the same time as you relax and achieve your health and fitness goals.

Joining Fee ~~£75.00~~ **NO Joining Fee this month**

Single Membership **£37.70** Monthly

Double Membership **£62.90** Monthly

Family Membership **£70.00** Monthly

Single Parent Membership **£45.70** Monthly

Payments will be taken in advance on the first of each month
Prices are reviewed annually on 1st February

Family and Single Parent Membership include a maximum of 4 children under the age of 21 and within the immediate family.

Please note no one under the age of 16 is permitted to use the gymnasium

Corporate Membership details available from Reception



HEALTH FITNESS BEAUTY

Shorefield Health & Fitness Clubs
Hampshire & Dorset
t: 01590 648335 e: leisure@shorefield.co.uk
www.shorefield.co.uk





SHOREFIELD

EXCLUSIVE HEALTH & FITNESS CLUBS

Leisure Club Application Form 2012

Prices apply from 1ST February 2012 until the 31ST January 2013. Prices are reviewed annually

Single Membership **£37.70**

Double Membership **£62.90**

Family Membership **£70.00**

Single Parent Membership **£45.70**

1st Applicant

FULL NAME _____

DATE OF BIRTH _____ MARITAL STATUS _____

ADDRESS _____

POSTCODE _____ CONTACT TELEPHONE No _____

EMAIL ADDRESS _____

2nd Applicant

FULL NAME _____

DATE OF BIRTH _____ MARITAL STATUS _____

ADDRESS _____

POSTCODE _____ CONTACT TELEPHONE No _____

EMAIL ADDRESS _____

Details of Children under 21 years of age Please note: No one under the age of 16 is permitted to use the gymnasium

NAME _____ DOB _____

NAME _____ DOB _____

NAME _____ DOB _____

NAME _____ DOB _____



SHOREFIELD

EXCLUSIVE HEALTH & FITNESS CLUBS

Leisure Club Application Form 2012

Payment Details

JOINING FEE £ _____  **DIRECT Debit** start date 1st of _____ (Month)

INITIAL FEE £ _____ MONTHLY FEE £ _____

TOTAL DUE £ _____ PAYMENT BY: CASH / CARD (Please circle)

To pay by credit or debit card or to set up your Direct Debit, please either pop into our Leisure Reception or phone our Leisure Team on **01202 875422** and your payment can be processed. (There is charge of 1.5% if paying by credit card).

Membership is payable on a monthly basis. For members wishing to pay in advance, the amount due will be the Joining fee plus daily payments for the month you join and monthly payments to the 31st.

Notice will be sent to members who pay in full to advise you to renew your membership in December.

I wish to become a member of Oakdene Health and Fitness Club and I have read and agree to abide by the terms and conditions above and I have been given a copy of the Club code.

SIGNED _____ DATE _____

Have you ever been employed by Shorefield Holidays Limited? YES / NO

SIGNED UP BY (STAFF)

How did you hear about Oakdene Health & Fitness Club?

Recommended by _____ Promotional code _____

Press advertising _____ Website _____

For Office Use Only

Account No. _____

Invoice No. _____ Welcome Letter/Email _____

DD to Bank _____ Deposit List _____

Dream _____ Hero _____

New Member SS _____ Staff _____

BACS SS _____ Date _____



Membership includes use of both Health & Fitness Centres at...

Shorefield Health & Fitness Club

Shorefield Road, Milford on Sea, Lymington,
Hampshire SO41 0LH

t: **01590 648335**

e: leisure@shorefield.co.uk

Oakdene Health & Fitness Club

St. Leonards, Ringwood, Dorset BH24 2RZ

t: **01202 875422**

e: leisure@shorefield.co.uk

Plus 20% discount on all treatments at our exclusive

Reflections
Elemis Day Spa

based at Shorefield Country Park

www.shorefield.co.uk