



STOBO SPA CLUB



Membership Application Form

The Stobo Spa Club

Please complete the personal details below and Direct Debit Form overleaf and return to: Fitness Dept, Stobo Castle Health Spa, Stobo, Peeblesshire, EH45 8NY.

Name: _____

Address: _____

City: _____ Postcode: _____

Tel: _____ Email: _____

Date of Birth: _____

Next of Kin or person to be contacted in case of emergency:

Name: _____ Contact Tel: _____

Doctor's Name: _____

Address: _____

Tel: _____

Reasons for joining:

☐ Improve fitness levels

☐ Lose weight

☐ Relaxation

☐ To socialise

☐ I have understood the terms and conditions

Signed: _____ Date: _____

Cost:

Stobo Spa Club Membership (7.00am to 9.30pm, 7 days per week):

£115 per month, plus £250 joining fee.

Membership fees are settled monthly by Direct Debit. Membership is for a minimum of 6 months and members must be aged 14 or over.

Facilities

Gym

Our gym has a fantastic range of Precor cardiovascular and strength equipment, with the Queenax Functional Rig and Peloton Bike taking centre stage. A gym induction is included in the membership, as is a Body Composition Analysis.

Pool

The 25m UV treated swimming pool offers panoramic views across the Borders countryside. Our daily AquaFit class takes place at 10am.

Outdoor Hot Tubs

Our three outdoor hot tubs feature seating for guests and members to enjoy a soothing water jet massage whilst admiring the stunning landscaped gardens.

Health Suites

Members have full use of the spa facilities. In the Ladies Health Suite you will find the Laconium, Crystal Steam Room, Aromatic Steam Room, Experience Showers and Ice Fountain.

Adjacent to the pool there is a glass-fronted, mixed Sauna and Crystal Steam Room.

Hydrospa

Stobo's advanced Hydrospa has Airloungers designed to give a full body massage. It also features an Airpad that supplies millions of bubbles to give an invigorating and refreshing standing massage. Two giant water fountains deliver an excellent neck and shoulder massage.

Classes

Members receive complimentary access to all fitness classes. Please see www.stobocastle.co.uk/fitness for information on the classes and our full fitness schedule. Appropriate clothing and trainers must be worn when using the gym and attending classes.

Security

For health and safety reasons, all members must sign in and out at Spa Reception when using the facilities.

Benefits

Membership includes:

- Unlimited use of the Spa – including 25m UV pool, Swedish Sauna, Steam Room, three outdoor hot tubs, Hydrospa and Relaxation Suite.
- Full access to the gym including a gym induction and complimentary Body Composition Analysis.
- Full access to our programme of fitness and aqua classes seven days per week and use of our floodlit tennis court and equipment.
- Complimentary use of bathrobes, towels and lockers.
- 20% discount on personal training sessions
- 10% discount on Courtyard Boutique purchases.
- ONE guest visit per month @ £45 (mid-week) or £55 (weekend). Subject to availability. Members must request guest visit at least 24 hours prior to arrival.

Terms and Conditions

Hours of opening may be subject to change, though management will give prior notice whenever possible. Smoking is not permitted within the immediate vicinity of the castle or any of its entrances. We kindly request that the use of mobile phones is kept to a minimum whilst using the spa facilities. Those with any medical conditions and pregnant ladies should seek medical advice before using the facilities. The company reserves the right to terminate the membership of any member at any time, without notice, at its own discretion, and the member will forfeit the non-expired period of their membership. Membership fees cannot be refunded, should any member wish to terminate membership before the date of expiry. Training shoes and appropriate workout clothing must be worn in the gym and at fitness classes at all times. In the interests of hygiene, members are requested to shower before using the pool, hot tubs, Hydrospa and health suites. Please note that the pool is unsupervised and the gym is not supervised at all times. Minimum age of 14 years. Members may join classes providing the maximum limit of participants is not exceeded. Stobo Castle requires four weeks' notice in writing to terminate membership. Membership is for a minimum of six months. An administration fee of £30 will be levied if membership is terminated before this time.

22/11/2024 13:00