



BARNSTAPLE
HEALTH & LEISURE

Where wellness meets real life



WELCOME TO BARNSTAPLE HEALTH & LEISURE

AN EXCLUSIVE MEMBERS-ONLY CLUB DESIGNED WITH BALANCE IN MIND

Whether you're here to move, unwind, or reconnect with your routine, our thoughtfully designed spaces offer a calm, energising environment to support your well-being, whatever that looks like for you.

Barnstaple Health & Leisure blends comfort, function and a sense of community. Whether you're working out, recovering, or simply enjoying a leisurely swim, we've got everything you need to feel your best.



WHAT'S INCLUDED IN YOUR MEMBERSHIP

As a member, you'll have full access to all these amenities and more, providing you with the ultimate environment to enhance both your fitness and well-being.

Outdoor Pool with Seasonal Use

Heated from May to September for family-friendly swims. From October to April, it becomes a cold-water pool for those looking to embrace the health benefits of a bracing dip. Please note, these months may vary and are weather dependent.

Indoor Heated Pool

Open year-round, ideal for both relaxed lengths or a gentle float with little ones. Surrounded by loungers for relaxing between swims.

Saunas (His & Hers)

Unwind post-workout or enjoy a moment of quiet in our saunas, located within each changing room.

Fitness Studio & Classes

Enjoy a mix of instructor-led classes in our airy studio. Whether you're into gentle movement or something more upbeat, our timetable is built to keep you engaged and motivated.

State-of-the-art Gym & Studio

Spacious, bright, fully air-conditioned and well-kitted with everything from cardio to resistance and functional training equipment. Easy to use, clean and never overcrowded.

Equipment includes:

- Dumbbell rack
- Skierg
- Stairmaster
- Treadmills
- Rowing machines
- Exercise bikes
- Variety of weight machines

10% Off at The Heanton Bar & Brasserie

Eat well post-workout or treat yourself after a swim, members enjoy an exclusive dining discount. T&Cs apply.

Exclusive Member Events

From children's parties to social events for adults, we host a calendar of well-run gatherings that bring members together.

MEMBERSHIP OPTIONS

We've built a range of memberships to suit your lifestyle

ALL INCLUSIVE

Unlimited access to classes and facilities, everything you need, all in one membership

Platinum Monthly £50/month

- Full facility access for members
- Bring up to 3 guests (max 2 under 16)
- Unlimited visits
- Complimentary all day access during wristband systems
- Gym Classes included

6-month minimum contract with rolling payment

Platinum Yearly £500/year

- Full facility access for members
- Bring up to 3 guests (max 2 under 16)
- Unlimited visits
- Complimentary all day access during wristband systems
- Gym Classes included
- Save £100 when paid upfront (equivalent to 2 months free)

Platinum OAP £450/year

- Full facility access for members
- Bring up to 3 guests (max 2 under 16)
- Unlimited visits
- Complimentary all day access during wristband systems
- Gym Classes included
- Available to those aged 60+
- Save £150 when paid upfront (equivalent to £37.50 a month)

PAY-AS-YOU-GO

For those who prefer to drop in occasionally. Annual joining fee applies.

Bronze £45/year

- Bring 1 guest
- Pay per visit

Silver £65/year

- Bring up to 3 guests (max 2 under 16)
- Pay per visit

Gold £80/year

- Tailored for families
- Up to 3 children + 1 adult guest
- Pay per visit

Pay-As-You-Go Entry Fees

Silver, Bronze and Gold Members, as well as guests, will incur fees for their visits, which are outlined below.

Adult: **£8**

Child (under 16): **£6**

Under 3s: **FREE**

Gym Classes: **£8**



For more information, call us on 01271 341602 or email club@barnstaplehotel.co.uk. To sign up, scan the QR code



WRISTBAND SYSTEM FOR PEAK TIMES

To keep your experience relaxed during peak periods (e.g school holidays), we operate a wristband system. This ensures fair and enjoyable access for all members.

- Platinum Monthly and Platinum Yearly Members have free access but still require a wristband.
- Our two-hour sessions grant you access to our facilities for up to two hours.
Adult: **£8** Child (under 16): **£6** Under 3s: **FREE**
- Our all-day sessions provide you with access to our leisure facilities during our opening hours.
Adult: **£15** Child (under 16): **£10** Under 3s: **FREE**

OPENING TIMES

Gym & Indoor Pool

Monday – Saturday: 7am – 9pm
Sunday: 7am – 8.30pm

Outdoor Pool

Open daily, year-round
Heated (May–September)
Cold Water Swimming (October–April)

Timings may vary with weather conditions.



COLD WATER SWIMMING

Between October and April, members of the Barnstaple Health & Leisure can take advantage of our outdoor pool for cold water swimming.

During this period, the pool will NOT be heated, offering the perfect opportunity for those seeking the benefits of cold water therapy. The temperature is taken daily and recorded on the gate.

Cold water swimming has been linked to numerous health benefits and we invite our members to enjoy this unique wellness opportunity throughout the cooler months.

Benefits of Cold-Water Swimming

- o **Improved Circulation:** The body's response to cold water may stimulate blood flow, enhancing circulation and promoting better oxygen delivery to muscles and organs.
- o **Boosted Immune System:** Regular exposure to cold water may help strengthen the immune system, making the body more resilient to infections.
- o **Enhanced Mental Health:** Cold water swimming may reduce stress, anxiety and depression by releasing endorphins, the body's natural mood boosters.
- o **Faster Muscle Recovery:** Cold water therapy may help reduce inflammation and muscle soreness after exercise, aiding in faster recovery.
- o **Improved Skin & Hair:** Cold water tightens pores and may promote better skin tone, while also stimulating healthy hair growth by improving scalp circulation.
- o **Better Sleep Quality:** Exposure to cold water may improve sleep quality by helping to regulate the body's internal clock and reduce stress.

Please note we are within our right to close the pool if it is deemed appropriate. Barnstaple Health & Leisure does not endorse or claim any health benefits from cold water swimming.



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Want to Join?

Scan the QR code above or visit
barnstaplehotel.try.be/memberships


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