

SENSPA



HEALTH CLUB MEMBERSHIP

TOGETHER, WE'LL MAKE IT HAPPEN

Our aim at SenSpa is not only to offer award winning facilities that improve health & fitness but to provide you with the motivation and support to achieve your personal goals.

We go further for our members. The team at SenSpa are trained experts dedicated to supporting you through your health and fitness journey.

Your SenSpa membership includes a FREE weekly personal training session tailored to your goals. We'll take you jogging in the beautiful New Forest, teach you Yoga or show some moves to help alleviate the symptoms of your back pain.

MEET THE TEAM

SEAN HINCKS

A specialist in competition fitness, strength and conditioning training and injury rehabilitation.

BEN NAULLEAU

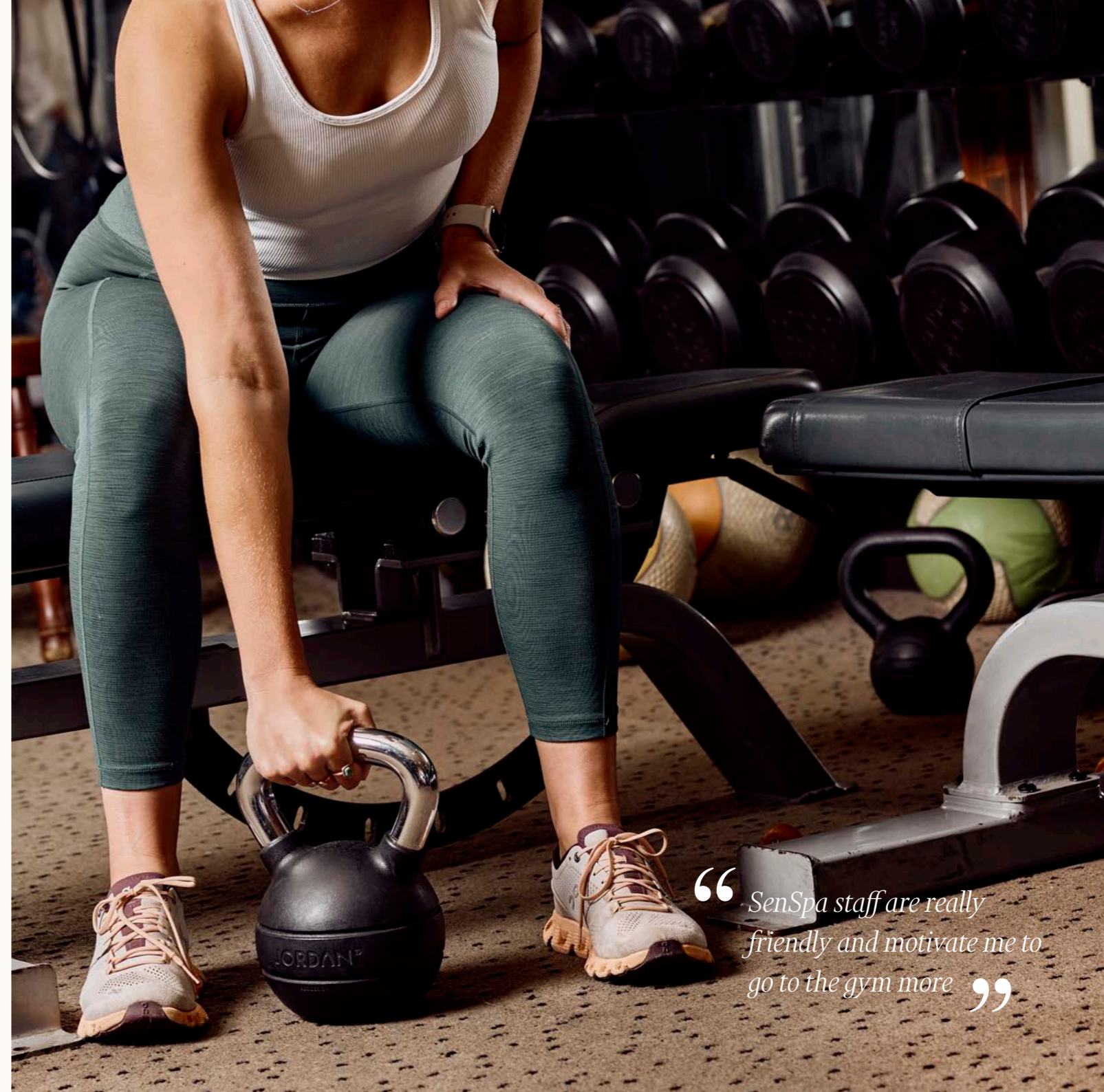
Ben has a large portfolio of fitness qualifications including sports massage, bio mechanics, sports science and sports conditioning to name a few.

HENRY NEWMAN

Also highly qualified in sports massage, sports science and more, Henry is also a semi-professional goalkeeper.

AJ MATHERS

AJ studied locally at Brockenhurst College and has a particular interest in bodybuilding.



“ SenSpa staff are really friendly and motivate me to go to the gym more ”



WHY SENSPA?

30 classes

With you outdoors, not just in the gym

Fully qualified fitness team

Flexible payment options

FREE personal training

Members discounts

Movement, not just machines

Central New Forest location

14m swimming pool with sauna, steam room & jacuzzi

Fully equipped gym

PRICES

HEALTH MEMBERSHIP

- Full use of Health and Leisure facilities
- Complimentary personal Induction
- 1-2-1 goal setting session
- Tailored health journey plan
- Weekly personal training sessions
- Flexible payment options
- Inclusive access to 30 weekly group fitness sessions
- 20% Saving on treatments at SenSpa
- 10% Saving on all dining experiences at Careys Manor & SenSpa & The Montagu Arms Hotel*
- 10% Saving on all purchases in the SenSpa Boutique
- Receive £450 worth of voucher when you pay your annual membership in full

£147 PER MONTH*

WELLNESS MEMBERSHIP

- Full Use of Health, Leisure and Spa facilities
- Complimentary personal Induction
- 1-2-1 goal setting session
- Tailored health journey plan
- Personal nutrition consultation
- Weekly personal training sessions
- Flexible payment options
- Inclusive access to 30 weekly group fitness sessions
- 20% Saving on treatments at SenSpa
- 10% Saving on all dining experiences at Careys Manor & SenSpa & The Montagu Arms Hotel*
- 10% Saving on all purchases in the SenSpa Boutique
- Receive £650 worth of voucher when you pay your annual membership in full

£199 PER MONTH*

*plus an initial start up fee of £200

PAY YOUR ANNUAL
MEMBERSHIP IN FULL AND
RECEIVE

FREE VOUCHERS

WORTH UP TO
£650



“ IT FEELS
MORE LIKE
A CLUB
THAN A
GYM! ”

MOVEMENT, NOT JUST MACHINES

AQUA

A water based workout for all abilities.

BODY BALANCE

Combining principles such as controlled breathing, concentration, flexibility and strength from the practices of Yoga, Pilates and Feldenkrais, Body Balance is an holistic workout that brings the body, mind and soul into a state of balance and harmony.

BODY PUMP

A class combining high repetition weight training with aerobic conditioning, BodyPump is excellent for increasing lean body mass, improving muscle tone and definition and helping to lose weight.

DANCE AEROBICS

A cardiovascular workout using various dance styles, high and low impact moves and varying levels of intensity and choreography.

H.I.I.T

Not for the faint hearted, High Intensity Interval training uses quick, 100% maximal effort, bursts of activity followed by short, sometime active, recovery periods to get your heart rate up and keep it up to burn more fat in less time.

QI GONG

The healing root of Tai Chi, Qi Gong is a form of meditation that uses breath and gentle flowing repetitious movements of the arms, legs and body to strengthen the limbs, benefit the spine, mobilize joints and increase energy.

PILATES (Beginners/Intermediate/Advanced)

Using flowing movements, controlled breathing and concentration, Pilates helps you develop strength, flexibility, posture and endurance without building bulk or stressing your joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation; Pilates exercises will leave you looking toned, feeling revitalized and moving with ease. The intermediate and advanced class is only for those who have done Pilates before.

SPINNING

Spinning is fun, challenging and one of the best ways to improve cardiovascular fitness while burning lots of calories. Let your instructor motivate you through a 45 minute ride and take you to a new level of fitness.

STRENGTH & BODY CONDITIONING

Using bands, weights and your own body strength for a workout combining cardiovascular endurance, strength, stamina, flexibility, balance and coordination to help develop all over strength and conditioning.

TAI CHI

Tai Chi combines deep breathing and relaxation with a series of postures that flow smoothly from one to the next, helping to improve balance and flexibility, as well as promoting better sleep and reducing anxiety.

HATHA YOGA

Covering breathing, posture, stretching and relaxing to help bring awareness and balance to the mind, body and soul.



JOIN TODAY

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