

Read the information about the Health Club. Put a cross in the box for numbers 1–9 if a statement is correct.



Membership Types & Prices

Membership is offered on an annual basis. All prices are inclusive of tax. (Please tick relevant boxes)

Type 1 Membership

Single	£345 <input type="checkbox"/>
Husband & Wife	£475 <input type="checkbox"/>
Family*	£545 <input type="checkbox"/>
Each extra Child	£85 <input type="checkbox"/>

Type 2 Membership

Single	£230 <input type="checkbox"/>
Husband & Wife	£340 <input type="checkbox"/>
Child	£55 <input type="checkbox"/>

Type 3 Membership

Company – 6 named persons	£1,850 <input type="checkbox"/>
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Guests

Adult	£3 per day <input type="checkbox"/>
Child	£1.50 per day <input type="checkbox"/>

Sun Beds

These are charged as extra on a per session basis.

Type 1 Membership is 7 days a week 7 a.m.–9 p.m.
Type 2 Membership is Mon–Fri 9 a.m.–5 p.m.
Type 3 Membership is 7 days a week 7 a.m.–9 p.m.
* Family Membership includes 2 adults and 2 children.
Children under 3 years will be admitted free of charge.

The Health & Fitness Club at the Post House Hotel, Cambridge offers a wide variety of facilities for both fitness and relaxation:

Fully equipped gymnasium – whether you are training for a particular sport, or just want to look and feel great, the gymnasium offers all you need to enjoy a variety of interesting exercise plans.

Indoor heated pool – jump in and swim or float around at your own pace. The pool is the central point for all the family, and even if you can't swim we can arrange lessons: – it's never too early or too late to learn!

Spa Bath – give yourself a luxurious break in the warm bubbles of our American style spa bath: it's a great way to relax.

Saunas – relax in our pinewood saunas, with separate rooms for men and women.

Sunbed – look healthy all year round with a fast, natural sun tan.

Expert help – professional staff can provide expert advice, design fitness plans to match your needs and offer friendly encouragement.

Open seven days a week – because the Health & Fitness Club is part of a fine hotel, it is open everyday, from early morning through to the late evening. What's more, you can enjoy the hotel's other facilities, such as its restaurants, bars and lounges, and all under one roof!

1. This health club is at a hotel. ☐
2. Only adults may use the swimming pool after 5 p.m. ☐
3. You must be a good swimmer to use the pool. ☐
4. Membership prices include all the activities and equipment. ☐
5. There is an extra charge for members' friends. ☐
6. A family with Type 1 membership that has four children will pay the same as if they had three. ☐
7. This club is suitable for serious sportsmen and women. ☐
8. Retired people can join this club. ☐
9. The staff are qualified to give advice about keeping healthy. ☐