

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 FREE personal training sessions tailored to your goals (subject to availability). 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

JERMAINE LEE

Jermaine is our Spa Operations Manager and brings with him 15 years of experience. With a special interest in holistic wellbeing and outdoor fitness classes and bootcamps, Jermaine is also training to be a Reiki practitioner.

JESS TUGWELL

Specialising in working with women navigating menopause, Jess provides personalised training and lifestyle strategies. She also has a dynamic background in high-impact group exercise and Zumba.

HENRY NEWMAN

With a broad range of fitness qualifications, ranging from sports massage to sports science, Henry combines his expertise with experience as a semi-professional goalkeeper.

CHLOE BUTTERWORTH

Passionate about helping people feel stronger, healthier and more confident, Chloe is currently studying nutrition for athletic performance and weight management.



SENSPA

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



WHY SENSPA?

42 classes

Cutting-edge Technogym Excite equipment

AI powered Technogym Wellness checkup

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

YOUR MEMBERSHIP BENEFITS PACKAGE

HEALTH MEMBERSHIP

- Air conditioned gym containing a comprehensive range of resistance and cardiovascular equipment.
- Personal induction including a Technogym Wellness Checkup and fitness/exercise programming.
- Studio Classes.
- Two free personal training sessions per month.
- Swimming pool and poolside relaxation loungers.
- Poolside sauna, steam room & spa pool.
- Changing rooms and lockers.
- Complimentary towels and toiletries.
- Use of the Zen Garden Restaurant.
- 20% saving on all treatments, 10% saving on purchases in the Spa Boutique, spa days, dining in any of the restaurants at Careys Manor

£155 PER MONTH

plus an initial start up fee of £200

WELLNESS MEMBERSHIP

All of the above , plus a quarterly Technogym Wellness Checkup and access to the Hydrotherapy Complex, comprising:

- Hydrotherapy pool.
- Experience showers.
- Herbal sauna.
- Amethyst crystal steam room.
- Laconicum.
- Tepidarium.
- Relaxation and quiet rooms.

£210 PER MONTH

plus an initial start up fee of £200

PAY YOUR ANNUAL MEMBERSHIP IN FULL AND RECEIVE FREE VOUCHERS!

HEALTH CLUB MEMBERS:

SPECIAL SAVING VOUCHERS WORTH OVER £540

- 2 x Complimentary ½ hour treatments of your choice - **worth £158.**
- 4 x Complimentary guests passes for Hydrotherapy, gym and swimming pool - **worth £160.**
- 1 x Complimentary bed and breakfast overnight stay in a Knightwood room at Careys Manor Hotel Sunday-Thurs, single or double occupancy - **worth £230.**

WELLNESS MEMBERS:

SPECIAL SAVING VOUCHERS WORTH OVER £790

- 3 x complimentary ½ hour treatments of your choice - **worth £237.**
- 6 x complimentary guest passes for Hydrotherapy, gym and swimming pool - **worth £240.**
- 1 x complimentary bed and breakfast overnight stay in a Superior Oakwood room at Careys Manor Hotel Sunday-Thurs, single or double occupancy - **worth £280**

Terms and conditions:

Hydrotherapy Pass is valid for use within the member's membership category times only. Vouchers are redeemable provided membership is current and fully paid up. Vouchers valid for 12 months. Booking can be made subject to the current terms and conditions of the spa and cancellation policy. Discount in the restaurants does not include alcoholic beverages.



“ 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.

HATHA YOGA

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

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.

BODY FLEX

Integrates dynamic movements and static stretching, creating a holistic approach aimed at mobilising and elongating muscles that are frequently engaged. This comprehensive blend of exercise is designed to enhance flexibility and promote overall muscle health. Moreover, each instructor adds their distinctive flair to the class, ensuring a diverse experience.

VINYASA YOGA

Vinyasa yoga is a dynamic style of yoga that focuses on linking breath with movement in a flowing sequence of poses. Each movement is synchronised with either an inhale or exhale, promoting fluidity and mindfulness. This practice emphasises strength, flexibility, and the continuous flow between poses, allowing practitioners to cultivate both physical vitality and mental tranquillity.

IRON YOGA

This class combines yoga poses with the added benefit of using weights to help build strength, improving the health & longevity of the bones.



JOIN TODAY

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