



gym & spa

membership packages

the perfect venue

- Conference and banqueting facilities
- Wedding receptions and ceremonies
- Exclusive bedrooms
- Rosewood Bistro
- Luxurious spa facilities
- Ample free car parking facilities



Greenwoods

hotel spa and retreat ★★★★★

Stock Road, Stock, Essex CM4 9BE

Telephone 01277 829990

www.greenwoodshotel.co.uk

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Greenwoods Hotel Spa & Retreat is a beautiful 17th Century, Grade II Listed manor house with extensive spa and leisure facilities. Becoming a member of Greenwoods means joining an exclusive club in a beautiful location.

Whether it is a workout in the gym, a swim in the 20 metre lap pool or simply some rest and relaxation in the sauna, steam room or Jacuzzi that you require Greenwoods is the perfect venue for all your needs. Members are also welcome to unwind in the luxurious lounge bar or extensive landscaped gardens and forget the pressures of everyday life.

On joining Greenwoods you will receive a complimentary health assesment, full induction, personal programme, and regular re-assessment. Our friendly gym staff are on hand to give you helpful advice to assist you with your individual fitness needs.

For all enquiries about Greenwoods membership please call 01277 829990

Premier Membership

£75 per month single membership

£120 per month joint membership

- Unlimited use of the gym, pool and spa facilities 7 days a week
- Free access to aqua classes
- Full induction and personal fitness programme
- 10% off food in the Rosewood Bistro
- 10% off beauty treatments
- 5 complimentary guest passes

This package is available as a Corporate Membership for £60 per person per month when 4 or more people from one company join

Energy Membership

£50 per person per month

- Use of gym, pool and spa facilities 7 days a week from 6-9am and 6-9pm
- Full induction and personal fitness programme

Daylight Membership

£40 per person per month

- Use of gym, pool and spa facilities 7 days a week from 12-4pm only
- Full induction and personal fitness programme

Wedding Tone-up Membership

£60 per month single membership

£100 joint membership

- Available for Greenwoods and Crondon Park Golf Club Bride and Grooms
- Unlimited use of the gym, pool and spa facilities 7 days a week
- Full induction and personal fitness programme
- Free access to aqua classes
- Available for 3 or 6 month durations leading up to the wedding (no other membership types are available for less than 1 year)

Joint Membership Package

between Greenwoods and Crondon Park Golf and Country Club

Rates available on request

No joining fee on our packages!

Please note: All membership packages are valid for a minimum of 1 year unless otherwise stated