

# In Balance by NOVOTEL Wellness

CARDIFF CENTRE

Thank you for your interest in regard to membership at the exclusive InBalance Wellness facility at Novotel Cardiff Centre.

If you have not already done so, please feel free to come along for a look around at our facilities that boast:

Technogym™ Cardio Gymnasium  
Powerplate™  
Lifefitness™ Resistance Gymnasium  
15m Indoor Heated Swimming Pool  
Relaxing Sauna  
Cleansing Steam Room  
Spa Pool  
Male & Female Changing Areas

To complement these facilities, we also offer the following services:

Free Exercise Classes to members  
Personal Training\*  
Free WiFi  
Complimentary Toiletries  
Free Car Parking when using the Leisure Club\*\*  
25% Discount on Food & Beverages at the Novotel Cardiff Centre \*\*  
25% Discount on overnight stays at the Novotel Cardiff Centre \*\*

Should you decide to join with us, we will offer you a **Free Assessment**, which will give you the opportunity to discuss your health related goals. Whether your aim is to improve your fitness, tone up or to enhance general wellbeing we will prescribe you a tailor-made **Personal Exercise Programme** and introduce you to each machine - ensuring that you have the knowledge to exercise confidently and safely.

No matter what your age, shape, size or ability we are sure you'll agree that we can help you to achieve your goals and have fun along the way in our friendly, relaxing environment.

\* Additional charges apply

\*\* Subject to availability &/or not to be used in conjunction with any other offer

CALL US TODAY ON 02920 471532  
OR  
EMAIL [h5982-th@accor.com](mailto:h5982-th@accor.com)



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**CORPORATE 4**

**NO JOINING  
&  
NO ADMIN FEE**

**(TOTAL SAVING OF £70)**

*- Corporate rate can be extended to 2 family members -*

	MONTHLY RATE (DD)*	6 MONTHS (Pre-Paid)	12 MONTHS (Pre-Paid) 2 months FREE
<b>CORPORATE EQUIVALENT: FULL MEMBERSHIP (MON – SUN 7am – 10pm) SINGLE</b>	£31	£186	£310

INITIAL JOINING FEE: £50 (All memberships)

ADMINISTRATION FEE: £20 (All memberships)

All prices are inclusive of VAT. Fees are non refundable and membership is not transferable between individuals.

\*All monthly memberships require a 3 month cancellation notice period

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