

The
Courtyard
Coffee Shop



Health Club Members !!

Don't forget you receive **20% discount**
in the Courtyard Coffee Shop
Take Out Also Available

the castle
spa

Hair & Beauty
Spa Days
Pamper Packages
Bridal Showers

Tel: 01430 426267

Members don't forget you receive **10% discount**
on your Beauty Treatments over One Hour
Mon-Thurs, subject to availability

Cave Castle
Hotel & Country Club



**Health Club
Information**

**Classes
Treatments
Other Facilities Available**

Physio & Sports Massage * Podiatry * Acupuncture

*Treatments available
within Cave Castle Health Club*

*Available to:
Members, Non Members and Guests*



hands that heal
physio & massage clinic

Don't suffer with a bad back, aches and pains - Physiotherapy is the answer
Whether you require rehabilitation from an injury or a deep tissue massage.

Contact us on: **07920 011 515**

Appointments are available at Cave Castle Health Club,
or our Clinics in Cottingham, Pocklington and York



www.hcpc-uk.org



The Society of
Chiropractors
and Podiatrists



Penny Stabler

BSc (Hons) Podiatry, MChs

Please ring for an appointment regarding all foot problems

07870 567 704

wolds
acupuncture

Lisa Cassell

BSc (Hons) MBAcC

Acupuncture can benefit a wide range of symptoms and conditions including migraines, joint pain, dental and post-operative pain, nausea, sciatica, digestive problems, allergic rhinitis, tennis elbow, back pain, knee pain and many more.

Other Treatments Available: Tuina (Chinese Medical Massage), Facial Rejuvenation, Reiki and 1:1 Guided Meditation. **07963 214 270**

1-2-1 Training Sessions

5 x 1 Hour Sessions - £25 With our Qualified Instructors

Do you need someone to help motivate you and help you achieve your goals?

Whether you want to look good or have a Special Event coming up?

Well here is your chance... You will receive, A Gym Program Review and our Qualified Instructors will help to motivate and encourage you during each session.

Book Your Course at the Reception Desk Now !

Less than 3 hours notice to cancel will result in the full hourly rate still being charged

Children's Swimming Times

Monday 9-11am
Tues - Fri 3.30-5pm
Sat 12 - 3pm
Sun 9 - 12pm

Children's Lesson Times

n/a
3.50 - 5.20pm
n/a
n/a



Guest Passes

1 Pass = £ 10.00
2 Passes = £ 18.00
3 Passes = £ 25.00
5 Passes = £ 40.00
10 Passes = £ 60.00
20 Passes = £100.00



Health Club Passes are only available for Members to purchase to bring a Guest in, to use the Health Club Facilities.

Members have to be present within the Club whilst their Guest is.

Guest Passes are only for use for adults from age 16 upwards.

The Passes do not have a valid until date, unless specified on the pass itself.

Sunbed Tanning (Horizontal & Vertical Units)

1 x 5 Min £2.50 5 x 5 Mins £10.00
1 x 10 Mins £5.00 5 x 10 Mins £20.00



Sunbeds are available to both Members & Non-Members



Children's Swimming Lessons

We offer Children's Swimming Lessons in assoc with the ASA
Only Available to Member's Children or Grandchildren.

