

Membership rules



N.B. THE SAUNAS ARE NOT OPEN TO NON-MEMBERS!

AGE RESTRICTIONS:
THERE ARE NO UPPER
AGE LIMITS, HOWEVER
SIXTEEN YEARS OF AGE
IS THE LOWER LIMIT FOR
USING HERMES.

STUDENTS:
PLEASE CHECK ON
TIME RESTRICTIONS.

STUDENT ID WILL BE
REQUIRED AND REVISED
EVERY SIX MONTHS

OPENING HOURS

MON – FRI	7am – 9pm
SATURDAY	8am – 2pm
SUNDAY	9am – 1pm

1. Admission to the studio is dependent on each member having paid his or her membership subscription in advance each and every month.
2. If however payment has not been received on that month which it is due then a charge of £6 will be set (per session), or the missing payment may be paid, i.e. full month, cash, visa or cheque.
3. If a member wishes to cancel their membership, one months written notice must be given. Hermes management will then advise in writing giving instructions on this procedure.
4. Smoking is prohibited within all areas of Hermes health studio. If this rule is broken then that person will be asked to leave which will also result in membership termination (No refunds will be given).
5. Alcohol is not permitted on or within the premises. If anyone is suspected of being under the influence of alcohol then they will be asked to leave (one warning only!).
6. In the interest of safety and hygiene, no glass bottles or containers may be brought into the training areas; (this includes sunbed rooms). No food or chewing gum is permitted beyond reception, however food and drinks may be consumed there.
7. The use of Sunbeds are entirely at the users own risk, guidelines for usage and operation are available for your safety.
8. Management and staff reserve the right to refuse admission.
9. Correct exercise attire must be worn at all times when using the gym, this includes the correct footwear, e.g. tracksuits, shorts, T-shirt, exercise leggings and training shoes. Clothing should be of a good standard and be clean including trainers. No bare feet, hiking boots, or shoes that are not designed for fitness training. No jeans or work wear will be allowed.
10. Hermes Health & Fitness Studio can not accept responsibility for the loss of personal belongings or valuables. All valuables should be placed in lockers provided. For security reasons no personal belongings can be left at reception at any time. Lockers must be left empty and unlocked after your gym session with key inserted.

HERMES HEALTH & FITNESS STUDIO

30A BRIDGE STREET
GOODLANDS LANE
TAUNTON
SOMERSET
TA1 1UB

01823 322200

TAUNTON'S Premier Health & Fitness Club

Fully Air Conditioned Studio
State of the Art Cardiovascular
Equipment
Relaxing Saunas
Personal Training
Rapid Tan Sunbeds
Free Weights Area
Beauty Therapy and Massage
Fitness Testing - Body Fat
Analysis
Circuit Training
Nutritional & Diet Advice
Running Clubs
Sports Injury &
Rehabilitation Clinic

MEMBERSHIP FEES

Induction Fee: THIS IS TO BE DONE BY ALL MEMBERS	£15
FULL: Per Month	£330 £30 Standing Order
JOINT: Per Month	£300 £25 Standing Order
SENIOR:	£300
STUDENT: Per Month	£300 £25 Standing Order

TEMPORARY FEES

ONE MONTH	£40
THREE MONTHS	£100
SIX MONTH	£200
GUEST FEE	£5

Holistic Therapies

By

Nirvana

Holly Sutton

BA(Hons), VTCT, MICHT

Swedish Massage

Aromatherapy Massage

Indian Head Massage

SPORTS MASSAGE CLINICS

with

Suresh Ebert

Higher Dip LSSM, BTEC,
PTD, IIHHT

and

Malcolm McDonald

IIST, IIHHT

SUNBEDS

HORIZONTAL SUNBED:

MEMBER	NON-MEMBER
£6.00	£6.50
BUY 5 GET 1 FREE £30.00	£32.50
BUY 10 GET 2 FREE £60.00	£65.00

VERTICAL SUNBED

MEMBER	NON-MEMBER
3 MINUTES £3.00	£3.00
6 MINUTES £5.00	£6.00
9 MINUTES £7.00	£9.00
3 X 9 MIN SESSIONS £20.00	£25.00