



Work it out!

Corporate Membership at Vauxhall Recreation Club
makes perfect sense...

The Award Winning Sports Club
www.vauxhallrecreation.co.uk

Significantly enhance your employees' benefits package for less than £1 per week

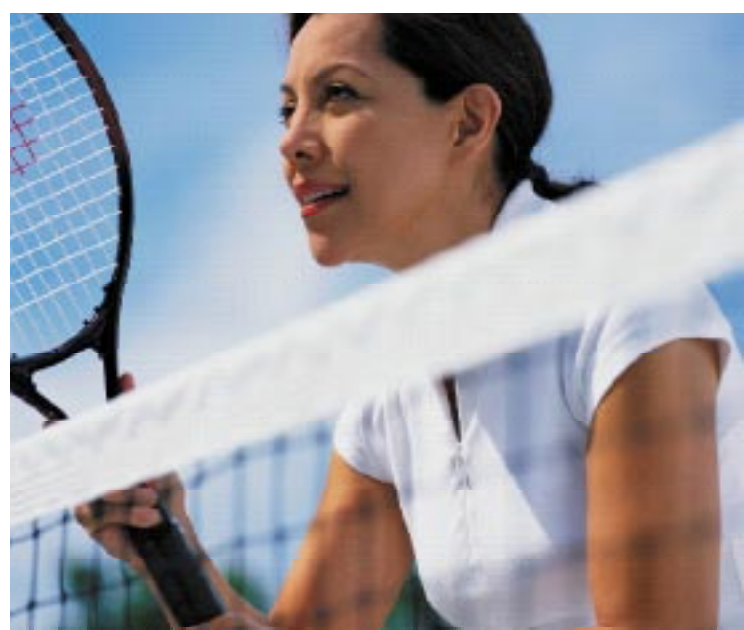
Head straight to the top of the 'perfect employers' league by providing your staff with membership to Luton's premier private leisure facility.

For less than £1 per week, per employee, you can open the door for your staff to become a member of Vauxhall Recreation club.

Once a member they can then book up any of our facilities at member's rates, join our gym, tennis club, the list goes on.

Vauxhall Recreation Club is nationally recognised as being one of the leading corporate members clubs in the county and the diversity of activities and facilities we offer means there really is something for everyone.

The Award Winning Sports Club



Something for everyone...



The Award Winning Sports Club

The range of facilities and activities available to our members is so impressive that we have had to categorise them to make it easier for you to take them all in

Leisure

Health & Fitness

Fully equipped gym - Lifelines Fitness Studio
Exercise classes including Spinning & Pilates
Personal Training
Sports injury massage
Chiroprody

Beauty & Relaxation

Sauna & Steam Room
Male & Female Sunbeds
Beauty treatments & massage

The Balcony Café Car

- Extensive food menu
- Speciality coffees
- Large selection of beers, wines & spirits
- Free wi-fi
- Big Screen TV showing Music & Live sport
- Large children's outdoor playground
- Available for private hire

Activity Clubs

Model Cars club Theatrical club
Photography club Sequence dance club

Children's Activities

- Kids club membership
- Tennis coaching
- Football coaching

Sports

County Tennis Centre

- 6 Floodlit Outdoor courts
- 2 indoor courts
- Adult & Junior club available to join
- Group & individual coaching available for all ages

Football

- 7 outdoor 6-a-side astro-turf pitches
- 1 full size astro-turf pitch
- 1 indoor 5-a-side pitch
- 2 adult grass pitches
- 1 mini-soccer grass pitch

Badminton*
Volleyball
Table tennis*
Hockey*
Netball
Cricket*
Basketball
Martial Arts*

Squash*
Rugby club
Athletics club
Rifle club

*club also available

- Birthday parties
- Multi-sports sessions
- School holiday activities

Can you afford not to join?



The Award Winning Sports Club

Optimising the health and wellbeing of your workforce is not an optional extra..

..it's a prerequisite for success

Help Reduce Absenteeism

- Currently, according to the Confederation of British Industry (CBI), the annual cost of sickness absence is £11.6 billion, or £476 per employee - a quick calculation will tell you how big a burden this could be for you.
- Exercise improves the health of an employee therefore reducing the possibility of absenteeism due to sickness.
- Exercise boosts the immune system, which helps combat colds and flu, fights stress hormones and encourages production of 'feel good' hormones.

Boost staff morale through sporting or social team building events

Help improve performance and productivity

- In addition to increasing absenteeism, poor employee health can have many other less obvious but equally damaging effects on performance and productivity.
- Exercise reduces stress levels of the employee, which is a predominant factor in ill health and injuries at the workplace.
- Regular exercise is proven to be good for the body and mind, it increases energy levels and improves problem solving capabilities and mental sharpness.

Why Choose Us?

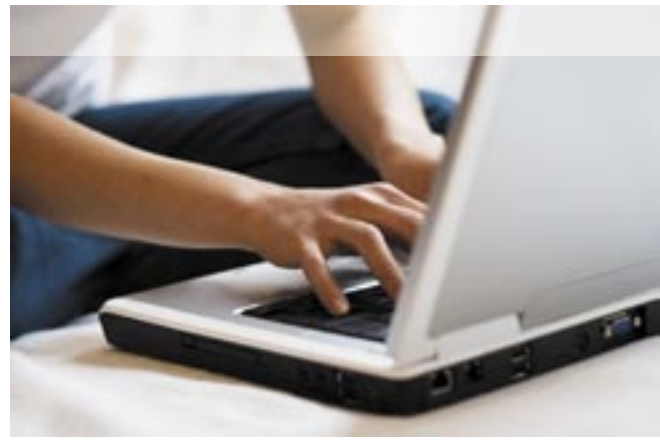
Vauxhall Recreation Club prides itself on providing fantastic looking facilities; however our commitment to providing exceptional customer care is what sets us apart from the rest.

Whether it is having a fitness assessment upon joining our gym, booking a squash court or ordering

a cappuccino, your staff will receive an efficient, professional and friendly service.

Warning:

Joining Vauxhall Recreation Club can seriously improve your health.





Why not mix business with Leisure?

Vauxhall Recreation Club has two small meeting rooms (up to 25 people theatre style) and a fantastic conference and banqueting room which can cater for 40-350 people.

So if you are looking for that perfect venue for a **conference, team building event or Christmas party** then look no further.

For further information take a look at our website www.theriverside.info



The Award Winning Sports Club



The Award Winning Sports Club

Corporate Club Membership Packages

for your employees and their partners

Platinum

100+ Members

Save 38% on our annual associate membership

Just £35 per person p.a.

15% Discount on our delegate rates when making a company booking

25% Discount on personal Riverside Suite room hire

2 Days extra advance sports booking privilege over other associates

50% Discount on astro-turf hire for 'one-off' company 5-a-side day

Gold

50 to 99 Members

Save 30% on our annual associate membership.

Just £40 per person p.a.

10% Discount on our delegate rates when making a company booking

20% Discount on personal Riverside Suite room hire

1 Day extra advance sports booking privilege over other associates

35% Discount on astro-turf hire for 'one-off' company 5-a-side day.

Silver

20 to 49 Members

Save 21% on our annual associate membership.

Just £45 per person p.a.

5% Discount on our delegate rates when making a company booking

15% Discount on personal Riverside Suite room hire

25% Discount on astro-turf hire for 'one-off' company 5-a-side day

Bronze

10 to 19 Members

Save 12% on our annual associate membership.

Just £50 per person p.a.

10% Discount on personal Riverside Suite room hire

15% Discount on astro-turf hire for 'one-off' company 5-a-side day

PLUS! Fantastic gym discounts available for our corporate members - we will not be beaten on price and quality of service! See next page for more details.

Go one step further



Corporate Gym
Membership
Discounts

Corporate Gym
Discounts
up to 30% off!

Unbeatable
Customer
Service

Lifelines Gym offers state of the art equipment and that all important personal touch. Our qualified instructors are very passionate about what they do and take pride in helping members achieve their goals.

Gym Membership	Monthly Rate		Yearly Saving	
	Full	Off-Peak	Full	Off-Peak
Standard Members	£35.25*	£26.75*	-	-
Platinum Members Based on 25 memberships paid for the year upfront	£24.50	£18.75	30% £129 per person	30% £96 per person
Gold Members Based on 20 memberships paid for the year upfront	£26.20	£20.00	25% £109 per person	25% £81 per person
Silver Members Based on 15 memberships paid for the year upfront	£28.20	£21.40	20% £84 per person	20% £64 per person

*Includes pro-rated joining fee

Benefits of Lifelines Membership

- Two induction training sessions which will include a full fitness assessment
- A tailor made fitness programme - we will listen to your requirements and provide you with a programme designed to help you reach your fitness goals
- Quarterly re-assessments and programme reviews
- No binding contracts
- 10 day money back guarantee
- Fun, friendly and relaxed atmosphere
- Mixed membership profile 16 to 70 years!
- 5 VIP Guest Passes - for your friends
- Free use of the luxury Sauna / Steam Room
- Free exercise classes (except pilates & yoga where a small surcharge applies)
- Free off-peak tennis



The Balcony Cafe Bar

Qualifying criteria & payment options

To obtain corporate membership you must have a minimum of ten employees wishing to join

The price per VRC membership is dependant on the amount of memberships taken up by the company.

There are three different options for providing your employees with membership:

OPTION 1 Company pays for employees' membership.

OPTION 2 Company subsidises employees' membership.

OPTION 3 Employees pay for membership.

General Corporate Benefits

- Discounted Membership (Normal annual fee £57.00 per member)
- Regular updates on the clubs activities / offers
- Employee partners can enjoy the same discounts
- Opportunity to compete in corporate 5-a-side tournament
- Link from our website to your company website

Membership Processing

Thank you for enquiring about corporate membership. Please feel free to contact us if you require any further information or would like to make that first step in improving your staff's health and employee benefits package.

When your company's membership is up and running we will then need to establish a main point of contact so that we can ensure you get the very best out of your membership.

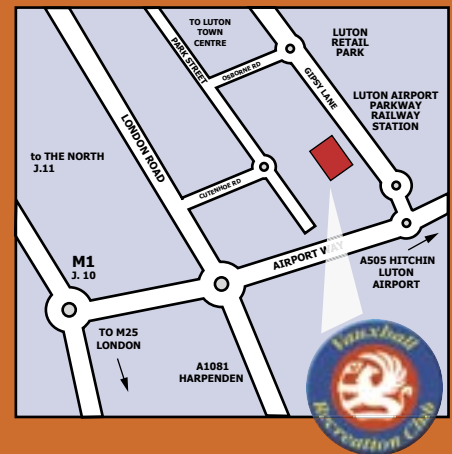
The Recreation Team

Tel: (01582) 418873 and ask to speak to a Recreation Manager

Email: corporatemembership@vauxclub.co.uk



The Award Winning Sports Club



www.vauxhallrecreation.co.uk

www.thebalconycafebar.co.uk

www.theriverside.info

www.riversideconferencecentre.co.uk

Vauxhall Recreation Club
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