



SENSPA

HEALTH CLUB

AT CAREYS MANOR HOTEL



TOGETHER, WE'LL
MAKE IT HAPPEN

Our aim at SenSpa is not only to offer award winning facilities that improve health & fitness but to provide you with the motivation and support to achieve your personal goals.

We go further for our members. The team at SenSpa are trained experts dedicated to supporting you through your health and fitness journey.

Your SenSpa membership includes a FREE weekly personal training session tailored to your goals. We'll take you jogging in the beautiful New Forest, teach you Yoga or show some moves to help alleviate the symptoms of your back pain.

“SENSPA STAFF ARE
REALLY FRIENDLY AND
MOTIVATE ME TO GO
TO THE GYM MORE”

THE TEAM

SEAN HINCKS

A specialist in competition fitness, strength and conditioning training and injury rehabilitation.

BEN NAULLEAU

Ben has a large portfolio of fitness qualifications including sports massage, Bio mechanics, sports science and sports conditioning to name a few.

HEIDI JAY

Heidi loves a challenge having been a synchronised swimmer for 6 years and more recently, competing in the World Beauty Fitness & Fashion show

MATTHEW PIPER

With a passion for sports from swimming to tennis, Matthew thrives on helping others to achieve their health and fitness goals.

NATALIE HARRIS

Natalie understands how furthering your fitness journey can increase both physical and mental wellbeing. No matter what level of fitness you are starting with she can't wait to share her knowledge to make you feel confident in the gym and enjoy it!





WHY SENSPA?

OVER 30 CLASSES
WITH YOU OUTDOORS
NOT JUST IN THE GYM

SAUNA FULLY QUALIFIED FITNESS TEAM
JACUZZI FLEXIBLE PAYMENT PLANS

FREE PERSONAL TRAINING

DISCOUNT CARD 14M POOL

MOVEMENT, NOT JUST MACHINE

CENTRAL NEW FOREST LOCATION

STEAM ROOM

FULLY EQUIPPED GYM

PRICES

HEALTH MEMBERSHIP

- Full use of Health and Leisure facilities
- Complimentary personal Induction
- 1-2-1 goal setting session
- Tailored health journey plan
- Weekly personal training sessions
- Flexible payment options
- Inclusive access to 30 weekly group fitness sessions
- 20% Saving on treatments at SenSpa
- 10% Saving on all dining experiences at Careys Manor & SenSpa & The Montagu Arms Hotel*
- 10% Saving on all purchases in the SenSpa Boutique
- Receive £450 worth of voucher when you pay your annual membership in full

£127 PER MONTH*

WELLNESS MEMBERSHIP

- Full Use of Health, Leisure and Spa facilities
- Complimentary personal Induction
- 1-2-1 goal setting session
- Tailored health journey plan
- Personal nutrition consultation
- Weekly personal training sessions
- Flexible payment options
- Inclusive access to 30 weekly group fitness sessions
- 20% Saving on treatments at SenSpa
- 10% Saving on all dining experiences at Careys Manor & SenSpa & The Montagu Arms Hotel*
- 10% Saving on all purchases in the SenSpa Boutique
- Receive £650 worth of voucher when you pay your annual membership in full

£177 PER MONTH*

PLUS

PAY YOUR ANNUAL MEMBERSHIP IN FULL AND RECEIVE
FREE VOUCHERS WORTH UP TO
TO
£650

*plus an initial start up fee of £125



“IT FEELS MORE LIKE A CLUB THAN A GYM!”

MOVEMENT, NOT JUST MACHINES

AQUA

A water based workout for all abilities.

BODY BALANCE

Combining principles such as controlled breathing, concentration, flexibility and strength from the practices of Yoga, Pilates and Feldenkrais, Body Balance is an holistic workout that brings the body, mind and soul into a state of balance and harmony.

BODY PUMP

A class combining high repetition weight training with aerobic conditioning, BodyPump is excellent for increasing lean body mass, improving muscle tone and definition and helping to lose weight.

DANCE AEROBICS

A cardiovascular workout using various dance styles, high and low impact moves and varying levels of intensity and choreography.

H.I.I.T

Not for the faint hearted, High Intensity Interval training uses quick, 100% maximal effort, bursts of activity followed by short, sometime active, recovery periods to get your heart rate up and keep it up to burn more fat in less time.

MIND YOUR BACK

A class that aims to help lead to a better understanding of the physiology of the spine and how to learn to relieve tension in the back and improve posture using the technique of conscious breathing. It is passive and does not require the use of exercising the muscles, but rather, of learning to soften them and manage the articulations of the shoulders, the pelvis and the spine, which, in turn, by self-manipulation and extension, influences the muscles supporting and aligning the spine.

PILATES (Intermediate)

Using flowing movements, controlled breathing and concentration, Pilates helps you develop strength, flexibility, posture and endurance without building bulk or stressing your joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation; Pilates exercises will leave you looking toned, feeling revitalized and moving with ease. This class is only for those who have done Pilates before.

PILATES (Improvers)

As for the intermediate / advanced class but aimed at those who have some but not as much previous Pilates experience and are looking to improve.

SPINNING

Spinning is fun, challenging and one of the best ways to improve cardiovascular fitness while burning lots of calories. Let your instructor motivate you through a 45 minute ride and take you to a new level of fitness.

STRENGTH & BODY CONDITIONING

Using bands, weights and your own body strength for a workout combining cardiovascular endurance, strength, stamina, flexibility, balance and coordination to help develop all over strength and conditioning.

TAI CHI

Tai Chi combines deep breathing and relaxation with a series of postures that flow smoothly from one to the next, helping to improve balance and flexibility, as well as promoting better sleep and reducing anxiety.

YOGA

Covering breathing, posture, stretching and relaxing to help bring awareness and balance to the mind, body and soul.

ZEN BREATHING

Interludes is a break from what you are doing – a “breathing space” – where conscious breathing techniques used in meditation help induce calm and, with a little practise and support, help you to begin to manage your emotions.



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THAN A
GYM! ”



JOIN TODAY

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