



CLUB
CONTINENTAL
HEALTH & LEISURE

Our membership gives you full access to all of our facilities throughout our opening times, 7 days a week! With great cardio and resistance equipment, a sauna and steam room, heated indoor pool and a friendly, motivating environment – you can enjoy access to a city centre gym that encourages you to be your best.

| Membership | Per Year | Month S/O |
|------------|----------|-----------|
| Single | £260 | £26 |
| Joint | £440 | £44 |
| Child | £80 | £8 |

– No Joining Fee! –

| Concessions | Per Year | Month S/O |
|-------------|----------|-----------|
| Students | £200 | £20 |
| Forces | £200 | £20 |
| OAP (60+) | £200 | £20 |

Day Guests: Adult £6.00. Child (5-15 years) £4.00
Under 3's go FREE!

Corporate Memberships are also available.
Ask staff for more details.

Opening Times:

7am–9pm Mon–Fri. 8am–8pm Sat–Sun.

Club Continental, New Continental Hotel
Millbay Road, Plymouth, PL1 3LD
Tel: 01752 276780

Email: clubcontinental@newcontinental.co.uk

Web: www.newcontinental.co.uk

Like us on Facebook: Club Continental

Club Continental Membership runs for one year from your joining date, at which point a reminder will be sent and we hope you choose to renew your membership with us. Membership is payable in advance and fees can be paid by cash or debit card. Monthly payments are through standing orders. All prices are inclusive of VAT.