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# Wrest Point Health Club



HT Health Group

TREAT • REHABILITATE • TRAIN



# Well Done! You've joined a health club to stay strong, fit & fabulous



You've invested in your health and we'll help you meet those goals you've promised yourself and even the ones you hadn't dared to dream of yet.

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## How to contact us:

Talk to us at HT Health reception! We love helping you in person.

Call: 6221 1675

Email: [info@hthealth.com.au](mailto:info@hthealth.com.au)

Visit our website: [www.hthealth.com.au](http://www.hthealth.com.au)

If you need to speak with Wrest Point hotel reception for after hours assistance, please call 6221 1888.

Health Club Opening Hours:

6 AM - 10 PM

365 days per year

## Ready to Start?



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### Only visit when you're well!

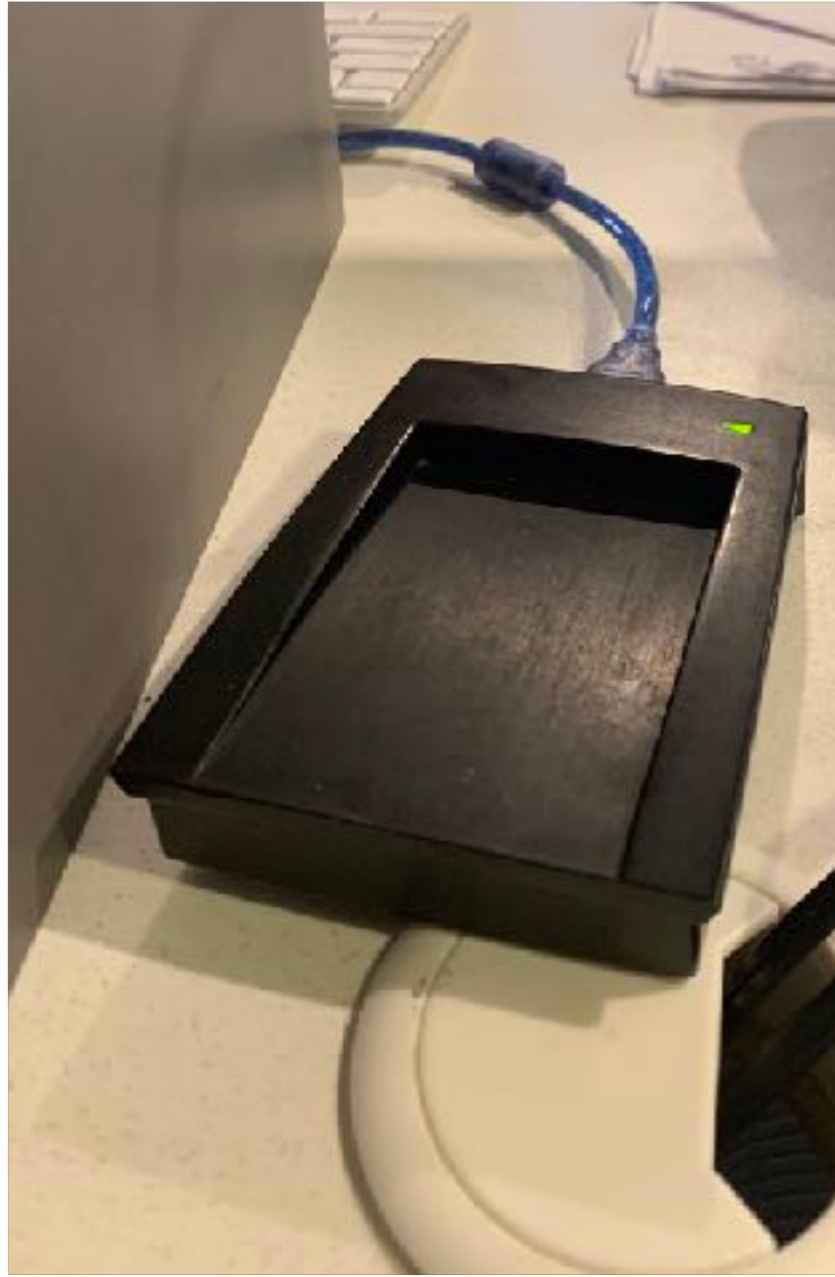
This is a health club after all, and we ask you not to come if you have any cold or flu like symptoms. Resting or a gentle walk in the fresh air is all you need when your immune system is fighting something. Your body will thank you!

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### Book in for a health club assessment

This session is complimentary if you joined up for a 6 or 12 month membership. If you joined on a shorter plan, then just ask about the options of paying for a session with a Personal Trainer or an Exercise Physiologist to help you get started.

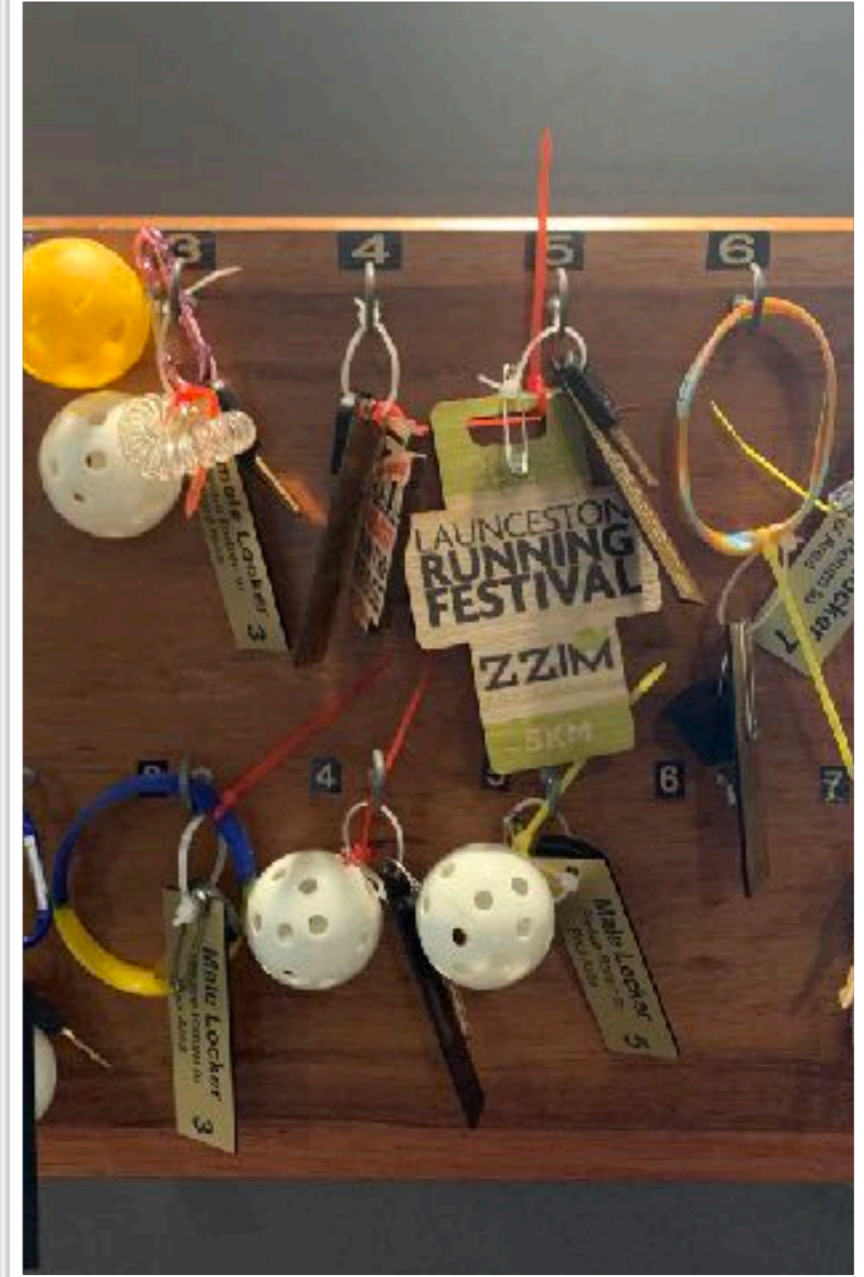
# When you arrive, please have your face mask on and complete the following:



Checking in & out on the card reader with your gym card on the reception scanner is required when you start and finish your visit. This must be done whether or not you've used your card to enter already on the door.



Using the hand sanitiser provided is the first thing to do once you've checked in. If you don't like hand sanitiser, please feel free to use soap and water in the change rooms.



Locker Keys now have lots of enormous baubles on them, so you can't walk out forgetting you've still got them in your pocket!

## While you're visiting



Towels are a big expense, so we have a one towel per visit policy. If you require more than one towel, please bring your own from home.



Gym wipes are available in the gym so that you can wipe off equipment after use.

# Just in Case



There are 3 red alarm buttons: one near the pool and one in each sauna. These are very loud alarms and will bring security running to your aid. Please use these in any real emergency where you fear for your own or someone else's safety.



There is a security landline phone on the wall near the treatment room door behind reception. This is a more subtle way of getting help from hotel reception or hotel security. It can be used for simple requests like towel issues as well during non-staffed hours.



You can also call hotel reception on your mobile on 6221 1888 if you need assistance after hours. This may be necessary if you find something unsafe or something that needs urgent cleaning after reception staff have left. You can also call reception if the towels have run out or for other urgent maintenance issues.

# In Case of Serious Emergencies



There's a fire extinguisher on the wall near the treatment room door (just near the black landline phone attached to the wall).



Call triple 000 on this hotel landline to call an ambulance and to call hotel security or hotel reception.



There's a defibrillator near hotel reception. The quickest way to get this is via the internal stairs. Security will bring this down if you call them first. We have a GP (Dr Elkerton) who is often working in our clinic, so he will assist if he is on-site. Please alert our staff for assistance.

# Pool, Spa and Sauna

## 1. Do I need to shower before using the pool, spa or sauna?

YES YOU DO! This is to wash off any lotions and potions, not to mention just for general hygiene reasons. The pool is not the place to rinse off all that hard earned sweat!

## 2. How many people fit in the spa?

It's officially a four person spa, but if the water is overflowing then it requires someone to hop out. So really the answer depends on how much water you all displace!

## 3. Sauna Etiquette?

Please refrain from using all lotions & potions or any other products in the sauna. You must wash all products off your skin prior to entry, and avoid applying anything while inside. Always use a towel and maintain your modesty.

## 4. Are the saunas unisex?

As the saunas are within single sex change rooms, the saunas are most definitely only single sex facilities!

## 5. How often is the spa water changed?

The spa water is changed every Sunday evening. This means that if you like a really hot spa, then don't come first thing on Monday morning, as it'll probably still be heating up at that time.





# Your health club



You've joined a health club, which is a place where you belong and feel supported in your health & fitness journey. Our hope is that you will all acknowledge, welcome & respect each other and help make the health club a place you feel proud to belong to. Consider joining us on our next community fun run perhaps.

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## Who's a Member?

Your membership is just for you - it's your special gift to yourself. It's not for your kids or friends or spouse...unless they also want to pay for membership or the casual visit rate! Children under 16 can't be members, but can have an occasional casual visit with you for \$10 each. If it's after hours, just let us know next time reception is open.

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## Hotel Guests

You've joined a hotel health club. Hotel guests are here to have a really wonderful experience...relaxing, fun & energising. We want to help them have a wonderful experience at the health club. Your behaviour towards hotel guests is extremely important. Hotel management's decision to allow public membership depends on your courteous and kind behaviour towards hotel guests. Also remember that you are local ambassadors for Hobart! Your membership also depends on you maintaining courteous and appropriate behaviour at all times.

# Membership FAQs

## 1. Can I put my membership on hold when I go on holidays?

No, but you can transfer your membership to a friend or family member if you let us know and we sign them up to use your membership while you're away. That's a really generous offer that your friends will thank you for!



## 2. What if I'm injured and can't use my membership?

If you have a valid medical certificate to show you're unable to use your membership, we always put your membership on hold until you're well again.



## 3. Can my partner, friends or family use the facilities as well?

No, but if you want to pay for a casual visit for them to join you, then that's OK. If you love them, then we love them, so we have a discounted casual price (\$10 each) if they come with you - just be honest and let us know, otherwise...well just don't test us on the 'otherwise' options!



## 4. Is there somewhere for coffee onsite?

Yes, there's great coffee and food at the Boardwalk Cafe overlooking the river. Just walk around via the waterfront from the health club and you'll find fabulous egg & bacon rolls if you've missed breakfast and lots of other delicious options for a quick refuel.

## Avoid Ezidebit Fees & Switch to PayChoice

If you're on a direct debit type membership, make sure you don't receive any nasty fees from Ezidebit by making sure there are funds in your account for your direct debit.

The Ezidebit **failed debit fee is \$21.97**. We offer a new direct debit system now called **PayChoice** which has a much lower failed debit fee of only **\$4.40**. Please ask our reception staff to switch you over to this preferred system as soon as possible. It's not something we can do automatically, as we need your bank details again for this option.

*Failed debit*



# HT Health Clinic

## On-Site Physiotherapy, Exercise Physiology, Pain Management, Medical Acupuncture & Strength & Conditioning

We offer an allied health clinic on-site which can really support you to prevent & overcome injuries and to maximise your training efforts. Here's a list of the current health professionals working with the HT Health Group.

See our website for more details: [www.hthealth.com.au](http://www.hthealth.com.au) or call us on 6221 1675.

**Andrew Bonsey, Accredited Exercise Physiologist**

**Brenton Watson, Accredited Exercise Physiologist**

**Blair Beard, Accredited Exercise Physiologist**

**Michelle Garland, Physiotherapist**

**Dr Andrew Elkerton, Medical Practitioner specialising in Medical Acupuncture**

**Gina Matelli, Remedial Massage Therapist**

**Dion Shaw, Cert IV Personal Trainer & Coach**

**Angela Hayes, Cert IV Personal Trainer, Bachelor of Human Movement**

**Brendan Kull, Exercise Scientist, Strength & Conditioning Coach, ASCA Level 2**

**Gabrielle May, Cert IV Personal Trainer & Coach**

**Adam Gordon, Cert IV Personal Trainer**



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# Tracking Your Health

Here's a table you can fill in with your current results for a few helpful health & fitness parameters. Try filling this out at least every 12 months to track your progress. Health Parameters can also be tracked in you **Gymmaster Members Portal**. Find the link to your portal on our website: [www.hthealth.com.au](http://www.hthealth.com.au). There's a link in the footer of each page. Just click 'forgot password' to set up your first login. You just need to know the email address used on your Wrest Point Health Club membership profile with us.

Name	Date

Health Parameter	Your Result	Your Goal
Height/Weight /BMI		
Body Fat kg		
Visceral Fat		
Lean Muscle Mass (kg)		
Estimated V02 Max (Aerobic Capacity)		
Blood Pressure		
Resting Heart Rate		
Number Full Sit Ups (in 1-minute)		
Number Push Ups (in 1-minute)		
1-km running/walking time Time Trial		
Bike Time Trial -1km		
Rowing 500m/1000m/2000m		
Grip Strength (kg )		



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