



Membership Handbook Updated Feb 2026

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 the goals you've
promised yourself - even the ones
you hadn't dared to dream of yet.

How to contact us:

Talk to us at HT Health Reception! We
love helping you in person. We are staffed 8.30am-5pm weekdays.

 Call: 6225 9500

 Email: info@hthealth.com.au
or healthytraining@icloud.com

Visit our website: www.hthealth.com.au

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

Members can access between
6 AM and 10 PM
365 days per year

READY TO START?



Please visit only when you're feeling well.

As a health club, we kindly ask that you don't attend if you're experiencing any cold or flu-like symptoms. When your immune system is fighting something, rest or a gentle walk in the fresh air is often the best medicine. Your body will thank you!

Book a Health Club Assessment

This session is complimentary if you've joined on a 3, 6, or 12-month membership. If you're on a shorter plan, just ask about the option to book a session with one of our Personal Trainers, they'll help you get started and feel confident from day one.

FOR WHEN YOU ARRIVE



Please check in using your gym card when entering the facility. The card reader is located at the reception desk.



After checking in, please use the hand sanitiser provided. If you prefer not to use hand sanitiser, soap and water are available in the change rooms.



Lockers are available in the changing rooms for storing your belongings. Please leave the key in the lock when you leave so the next member can use it.

JUST IN CASE...



There are three red emergency alarm buttons: one located near the pool and one in each sauna. These alarms will alert security immediately.
Please use them only in an emergency if you fear for your own safety or the safety of others.



A landline phone is located on the wall near the treatment room door, behind reception. This phone provides a discreet way to contact hotel reception or hotel security.
It can be used for non-urgent requests, such as towel assistance, during non-staffed hours.



You can contact hotel reception on your mobile on 6221 1888 if you need assistance after hours. This may be required if you notice something unsafe or if urgent cleaning is needed outside our staffed hours. You may also call hotel reception if towels have run out or for any other urgent maintenance issues.

IN THE CASE OF SERIOUS EMERGENCIES



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



We have AED at reception. There's also a defibrillator near hotel reception for outside of staffed hours. The quickest way to get this is via the internal stairs. Security will bring this down if you call them first. Please alert our staff immediately for assistance.



Call triple 000 on the landline for an ambulance, the police, or fire brigade.

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 of all that hard earned sweat!

2. How many people fit in the spa?

6 people MAX, but if the water is overflowing then it requires someone to hop out. So really the answer depends how much water you all displace!

3. Sauna Etiquette?

Please refrain from using all lotions and potions or any other products in the sauna, this includes essential oils. You must wash all products off your skin prior to entry, and avoid applying anything while inside. Always wear bathers and use a towel.



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 are 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.

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 \$15 each.

Casual visits are only permitted during staffed hours 8.30am-5pm WEEKDAYS. Otherwise...well just don't test us on the 'otherwise' options!

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. Remember that you are local ambassadors for Hobart!



HT Health Group

W R E S T P O I N T H E A L T H C L U B

T R E A T • R E H A B I L I T A T E • T R A I N

We have on-site physiotherapy, exercise physiology, pain management, medical acupuncture, strength & conditioning, remedial massage and dietetic services

These services can really support you to prevent & overcome injuries, helping you maximise your training efforts.

See our website for more details:
www.hthealth.com.au or call us on 6225 9500.