

WREST POINT HEALTH CLUB

Member Handbook- Updated
APRIL 2025

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.

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?



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!

Book in for a health club assessment
This session is complimentary if you joined up for a 3,6 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 to help you get started.

FOR WHEN YOU ARRIVE



Checking in on the card reader with your gym card is required when you enter the facility. The card reader is located at the reception desk



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 are available at reception, just please remember to place it back on the hook when you have finished using it

WHILE YOU ARE 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. At the end of your session, please put your towel in the used towel pigeon hole, its to the left of the cabinet



Please wipe down your equipment. Gym wipes are available in the gym.

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.

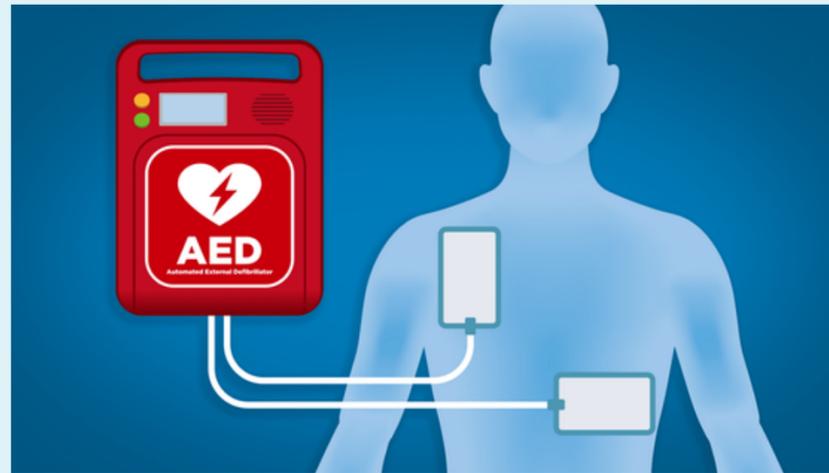


You can also call hotel reception on your mobile on 6221 1888 if you need assistance after hours. This may be necessary if you find something unsafe or something that needs urgent cleaning after reception staff have left. You can also call reception if the towels have run out or for other urgent maintenance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

IN THE 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).



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?

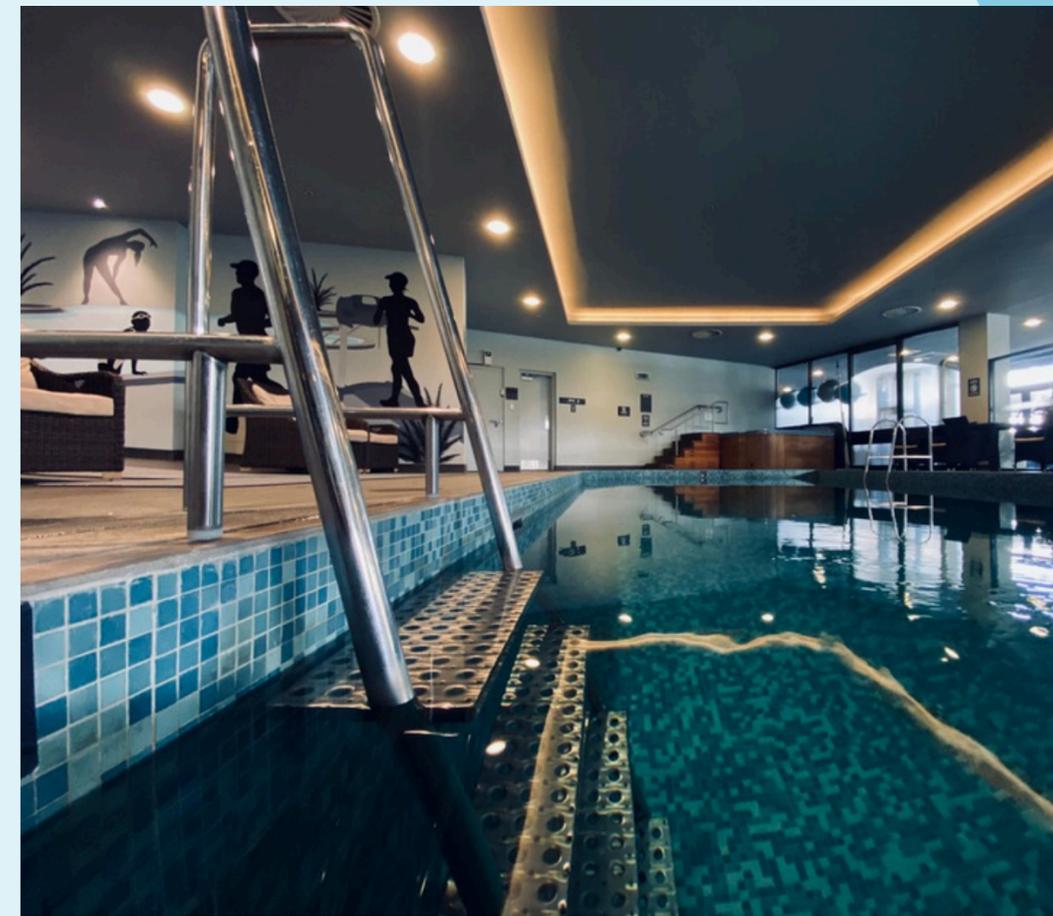
YES YOU DO! This is to wash off any lotions and potions, not to mention just for general hygiene reasons. The pool is not the place to rinse off all that hard earned sweat!

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 & 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 sauna's unisex?

As the sauna's 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.

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.

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!



COMMON QUESTIONS

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 or unwell 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 remember that these visits must be during staffed hours!



HT HEALTH GROUP CLINIC

We have On-Site Physiotherapy, Exercise Physiology, Pain Management, Medical Acupuncture & Strength & Conditioning, Massage and Dietetic Services

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

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



HT Health Group
