

Fitness

AT FELDON VALLEY

Feldon Valley differs from many businesses in the area – designed to contribute to the community and be financially sustainable to invest back into its people and facilities whilst also donating all profits from the hotel to three worthy charities. Thariq Ahmad has tried, since buying the property in 2013, to create a quality destination that supports local businesses, provides jobs as well as leisure, exercise, dining, and accommodation to this part of the Cotswolds.

The Fitness Suite at Feldon Valley is designed to be a small, private space in which to exercise – limited to two people or two households at any one time. Originally designed to cater for the demands of the hotel clientele, it soon became apparent that there was space to take on a small membership to help serve the local community and provide a gym unlike anything else in the local area.

- Membership will never go above 45 people and we will always review booking congestion and ensure that the desired slots are available.
- The cost for 2023 is £35 per month, payable only by direct debit through GoCardless.
- Membership can be terminated at any time with 30 days written notice to david@feldonvalley.co.uk.
- Full inductions must be carried out before you can start to use the facilities. Inductions are carried out by Sue McFarlane.
- Slots are booked online and start on the hour – lasting for 45 minutes. After those 45 minutes you must vacate the space and allow the room to *breathe* for 15 minutes before the next session starts.
- If you want to exercise for longer than 45 minutes you simply need to book two slots back to back.
- There is no restrictions on how many slots are booked, nor how far in advance these bookings are made.
- Access to the Fitness Suite is gained with the use of your own personal key card. These must be returned at the end of your membership. A charge of £5 is levied if the card is not returned.
- We take our covid and general hygiene responsibilities very seriously and the following should be understood by all members:
 - Exterior doors can be opened for ventilation, but you must close and lock on departure.
 - All machines must be wiped down after use to ensure they are safe for the next person.
 - The Fitness Suite is cleaned by professional cleaners every night.
 - Hand sanitiser is provided and should be used prior to entering the Fitness Suite.
- Report any shortage of wipes, water or sanitiser to the Golf Shop personnel.
- Locker rooms are provided for both men and women with toilets and showers. There is no charge for the lockers, but they must be emptied after use – items may not be stored overnight.
 - Lockers can be rented for a fee and this can be bought from the Golf Shop.
- Your membership can not be shared with anyone else and no visitors are currently allowed.

Feldon Valley also has a hotel, Golf Course, Restaurant and Bar and we invite you to explore the property and use our facilities. Guests are very welcome in all parts of the business and if you have any questions, please do ask any member of staff.

We hope you enjoy your time at Feldon Valley and that you help us spread the word so we can create a sustainable business that plays a big part in this wonderful community.