



The Club

2018
EVENTS



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The Spa
AT BURNTWOOD COURT



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We've been carefully planning an array of exciting events here at The Club for 2018. We believe we have got the perfect balance of offers and cuisine nights to enable you to get the most out of The Club facilities.
We can't wait to see you.

Make sure you check us out on Social Media for more detail

Facebook: TheClubatBurntwood

Twitter: BurntwoodCourt

Instagram: BurntwoodCourt

T: 01226 711123 or 01226 707099

E-mail: theclub@burntwoodcourt.co.uk

Website: www.burntwoodcourt.co.uk

All events & prices are correct at the time of print but they may be subject to change without prior notice.
Images are just used as a guide and are not exact to the events advertised.

THE CLUB CUISINE NIGHTS!

Most months at The Club we have a Cuisine Night, celebrating foods from all around the world. This night is the perfect event to socialise with your gym friends and meet new people or even just treat your partner for some quality food!

Alongside this, on the night we have an array of entertainment varying throughout the year.

From live singers, to pub games & a quiz there is something for everyone!

Please speak to reception to book.

MARCH

Mothers Day Spa Escape

Treat your mum to a All is Calm ESPA Facial, delivering beautiful skin and a renewed sense of inner calm. Together with a robe & full use of The Club facilities. Including a free ESPA gift, if bought as a voucher.

For only £45 per person

Available throughout March

Treatment time around 45-mins

Saturday 10th

Afternoon Tea With Live Entertainment

Join us at the Hotel in our intimate Woodlands restaurant for an afternoon of entertainment.

A selection of classic sandwiches, cakes and scones will be served with tea.

Booking is essential

All for only £10.95

Please book at the Hotel Reception

Thursday 22nd

Adult Swimming Lessons

Learn to swim or improve your technique, adult swimming lessons are returning with our in house instructor Martyn Wyatt.

Look out for information in the adverts around the club or let our reception team know you are interested in participating and we will contact you with the details nearer time.

Only £20 per person, for 5 weeks tuition.



MARCH

Friday 23rd

Mexican Night with Live Entertainment

Join us at The Club for our buffet cuisine night with Entertainment, new for 2018. Sample a selection of dishes from a specially designed menu, for only **£10 per person**. Food will be served from 7.30pm and last orders at the bar will be 11.00pm.

Male Vocalist, **John C Morgan** will begin his set at approximately 9.00pm.

To help us cater for the appropriate numbers please book in advance at reception. All members are welcome and guests can be signed in on the night.



#Let'sMoveforaBetterWorld

Monday 12th - Saturday 31st

Technogym Annual #Let'sMoveforaBetterWorld Campaign

It has been created by Technogym to provide means to fight obesity and sedentary lifestyles in local communities, by spreading awareness of the problem and promoting physical activity in a fun inspiring way. By taking part in the campaign, we have pledged that we will donate any physical activity we generate here at The Club, to a local school or social cause. Please help The Club to generate MOVE's to win fitness prizes for a local cause. A 'MOVE'- is a way to measure all types of activities, whatever your age or fitness level. The higher the intensity, the higher the MOVE's per minute you create. Every time you use a piece of Technogym equipment you generate MOVE's, if you record these with your key, then they count towards The Club's total. The more MOVE's we accumulate, the more chance we have of winning a prize for our nominated cause.

The rules of the competition are: Sign up to the challenge through the My Wellness App or on the equipment. You must use your Technogym key in the equipment for the MOVE's to count. (Max 2000 MOVE's per person, per day) The challenge lasts for 20 DAYS, therefore we need you to train for as many days as you can.

(Please don't remove yourself from the challenge, otherwise your MOVE'S will not count towards our total. Every MOVE you can contribute is going to count!) The Last 2 years we have been involved, we have placed in the UK Top 5 facilities. Lets beat it this year! We have 20 days to work together and earn the most MOVE's we can!

Prizes to be donated to our preferred school will be confirmed closer to the time

Let's all make one big effort and make sure we hit the top target this year!

APRIL

Ackworth Half Marathon - Monday 2nd

Only 400 entries available. Book in early! Entry from £20 & includes a Tech t-shirt to all who finish.

To enter please go to the website: www.ackworthroadrunnersandac.co.uk

Monday 9th

NEW Timetable Starts

Look out for the NEW class timetable (lasting 12 weeks) containing over 75 fitness classes every week. All our classes are FREE for our members, so why not book a class and try something different for 2018. You can book classes online using our website.

Friday 27th

Chinese Cuisine Night & 'The Pub Olympics'

Join us at The Club for our buffet cuisine night & the return of 'The Club Pub Olympics'. Sample a selection of Chinese inspired dishes from a specially designed menu, for only £10 per person. Food will be served from 7.30pm & last orders at the bar will be 11.00pm.

The Club Pub Olympics will consist of a series of games such as: Darts, Killer Pool, Black Jack, Connect 4, Pick up Sticks, Jenga & others.

This is an individual event where you are looking to score as many points as you can on each of our games. We will split you into equal teams & each team will play the games in turn. The best person after each game will achieve 10 points, 2nd 8pts & so on. The male and female with the most points at the end of the night will be crowned the winners. To help us cater for the appropriate numbers please book in advance at reception. All members are welcome and guests can be signed in on the night.



Monday 16th

Alex's Gym Challenge



Complete one of Alex's mini gym events and earn points towards your total. Draw your challenge out of the box each time you enter the gym floor. There will be a set number of mini challenges to choose from, which should take no more than 10 minutes to complete. You can only complete 1 challenge per day. The member with the most points at the end of the challenge will win a prize. The more you come to the gym, the more chance you have of winning. Please find details on the gym floor or speak with an instructor.

Sunday 15th

Yoga Latte with Lucy

9:30am - 12:30pm

Yoga Latte combines yoga tuition and techniques for around 90 minutes, followed by a short break where you can indulge in tea or coffee & cake in the lounge bar. Finally, you will re-enter the studio for an hour of deep relaxation & breathing techniques to really find your inner tranquillity & calmness. Book on at reception (payment is required on booking) If you have any dietary requirements please specify these on booking. (Full session - approx 3 hours)

£12.50 per person

MAY

30th April – 6th May

BRING A FRIEND WEEK is back

Once again it's time for our members to 'Bring A Friend' to use the facilities for FREE!

Showcase where you train and relax. Please bring only one guest at a time, each guest is only allowed to enter for FREE once during the promotion week. We will have a special membership offer running that will benefit both new and existing members.

Joining offer will run until 13.05.2018.



Friday 1st June

Steak Cuisine Night & Quiz

This is our May cuisine night, a little bit later than usual to avoid the bank holiday. Join us at **£18.45 per person** for a 3-course steak meal. Food will be served from 7.00pm and last orders at the bar will be 11.00pm.

The Quiz will begin at approximately 9.30pm. To help us cater for the appropriate numbers and plan session times please book your place in advance at reception. All members are welcome and guests can be signed in on the night.



Thursday 3rd – Sunday 6th



The Burntwood Tour De Yorkshire Watt-bike Charity Challenge



This challenge is dedicated to the late Club Member Ross Philips. Ross was a pillar in the community and an active club member who loved to get involved in our gym challenges. Let's help his memory live on, by as many people as possible, all taking part in this gym challenge with the goal of raising money for charity in his name. We aim to raise funds through this challenge to support charities: Alzheimer's & Dementia support and The Yorkshire air ambulance chosen by Ross's family. We hope you can help us finish the challenge and raise funds for a worthy cause.

The tour De Yorkshire 2018 is taking place over 4 days this year. In order to raise money for charity, we are encouraging both staff and members to sign up & ride on a Wattbike to complete the total distance or more over the 4 days (Thursday - Sunday) This challenge will be split between the members & staff as we look to be on the bike from when we open 6.30am in a morning, to when we close. Look out for a sign-up sheet on in the lead up to this event. This will be based on 5km every 10 minutes to give us a guide. You can complete as little or as much as you choose. £5.00 donation per slot/per person.

Everyone is welcome to collect sponsors for this worthy cause in addition to the £5.00 entry fee if they wish.

MAY

Starting Wednesday 2nd Golf Lessons – Duration: 6 weeks

This year our Golf lessons are back at The Club for the first 4 weeks, with the fifth and sixth week taking part at Bawtry Golf Club, on the driving range and the course itself.

Let Marcus and Sam take you on a golfing journey to test, challenge and ultimately improve every aspect of your game. There really is something for everyone in the coaching master class.

A brief description of what to expect each week can be found below:

Week 1 (02.05.2018): Introduction to equipment, technique involved for set up and full swing.

Week 2 (09.05.2018): Chipping and full swing progression.

Week 3 (16.05.2018): Pitching and full swing check-up.

Week 4 (23.05.2018): Putting and chipping recap.

Week 5 (30.05.2018): Driving Range / Indoor competition at Bawtry, with real balls using golf nets and launch monitors, so we can see the ball flight and acquaint them with the feeling of hitting real balls.

Week 6 (06.06.2018): On the course at Bawtry Golf Club. We will run a 6-hole fun pairs competition with on course tuition.

Each attendee will receive a course attendance/completion certificate and prizes.

Price: £60.00 per person



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JUNE

Skillmill Kilometre Challenge Who can cover the furthest distance in 5 minutes?

Challenge yourself to become the Club's Skillmill champion! Entrants will be categorized. The top performer in each category at the end of the competition will receive a prize.

So lots of categories = lots of prizes to be won!

The competition will run for **3-weeks in June**.

More information will be available closer to the time.



Fathers Day Escape

Treat your dad to an escape package including a 45-minute personal training taster session & an express Swedish Back, Neck and Shoulder massage including full use of the facilities & a robe for **Only £44 per person**

Only available throughout June!

The Club England World Cup Party

Now we know England's fate in the FIFA football World Cup 2018 draw, we want to invite you to join us in the Lounge Bar for our World Cup Party. Watch the games while lending our support to the England team, as they face Group G. The matches & kick off times are as follows:

Tunisia - Monday 18th @ 7pm

Panama - Sunday 24th @ 1pm

Belgium - Thursday 28th @ 7pm

Special Offer: Order any main meal during the game & receive a complimentary bottle of beer.

We will be showing all the other World Cup matches in the lounge bar too. Kick off times vary, so please check the fixture list.

Friday 29th

Italian Cuisine Night with Entertainment

Join us at The Club for our buffet cuisine night with entertainment. Sample a selection of dishes from a specially designed menu, for only **£10pp**. Food will be served from 7.30pm and last orders at the bar will be 11.00pm. The entertainment will begin at approximately 9.00pm. Please book at reception.

Member's guests can be signed in on the night.

Wednesday 18th July

Priory 10k

Please check the Ackworth Road Runners website for more information and updates about this year's Priory 10k course. Booking will soon be available online

JULY

Monday 2nd NEW Timetable

Look out for the NEW class timetable, lasting 9 weeks. All our classes are FREE for our members, so why not book a class and try something different for 2018. You can book classes online on our website.

Friday 27th Mexican Cuisine Night & Quiz

Join us at The Club for our buffet cuisine night. Sample a selection of dishes from a specially designed menu, for only **£10 per person**. Food will be served from 7.30pm and last orders at the bar will be 11.00pm. The Quiz will begin at approximately 9.00pm. To help us cater for the appropriate numbers please book in advance at reception. All members are welcome and guests can be signed in on the night.



Jaime's Gym Challenge Burntwood Fitness Camp

Get fit for Summer and challenge yourself with our summer fitness camp. Perform a series of exercises in sequence and achieve your personal best in each discipline. Exercises will be: Bench Press, Pull Ups, Deadlifts, Squats, Press Ups, Sit Up's, treadmill run, rowing & cycling. Attempts must be witnessed by a gym instructor Everyone who enters will be awarded points for each exercise completed according to the league table standings. This event will run **throughout July** so make sure you're ready...

Kids Activity Days During the 6 Week Holidays

These sessions will be run by our various fitness instructors. Please look out for further information advertised around The Club. Fun and games from 9am until 12pm.

£5.00 per child (if they are a member).

£10.00 if they are non-members.

Non-members must be accompanied by a member.

Please book in advance at reception



AUGUST



Friday 10th

NEW - Salsa Dancing Night

Join us at The Club for a night of Salsa, Dancing & socialising in our lounge bar. We will have a buffet available on the night, booking is essential and payment is required on booking.

Price per person is £12.95

The Evening will be led by Hannah Williams, who teaches Yoga and Zumba classes at The Club. Hannah has a wealth of dancing experience and will introduce you to some basic steps and aim to build up simple routines in different dancing styles. We should be in for a fun night. Places will be limited so please book early to avoid disappointment. All members are welcome and guests can be signed in on the night

Look out for more golfing & swimming lessons throughout the year...

SEPTEMBER

Monday 3rd

NEW Timetable

Look out for the NEW class timetable (lasting 15 weeks) containing over 75 fitness classes every week. All our classes are FREE for our members, so why not book a class and try something different for 2018. You can book classes online by going on our website.

Friday 28th

Curry Cuisine Night & Quiz

Join us at The Club for our buffet cuisine night. Sample a selection of dishes from a specially designed menu, for only **£10 per person**.

Food will be served from 7.30pm and last orders at the bar will be 11.00pm. The Quiz will begin at approximately 9.00pm.

To help us cater for the appropriate numbers please book in advance at reception. All member's are welcome and guests can be signed in on the night.

SEPTEMBER

Starting on Saturday 1st

Triple Gym Challenge – Row, Climb, Run

1



Row the English Channel Challenge

The challenge: 34km is the distance if you choose to undertake this rowing challenge.

Choose how quickly you complete the total distance of 34,000m, by breaking it up into smaller segments. Try 4 x 8,500m sessions OR go for it and attempt to complete the challenge in one sitting, but be prepared this may take you in the region of 4 hours to complete! This is just for fun but feel free to add your attempts to the chart in the gym to keep track of where you are.

2

Climb the Empire State Building

The challenge: Using a Stepper, aim to complete the 1,576 steps (vertical distance of 320m) in the quickest time possible. Please warm up first using another piece of CV equipment. Please be aware that we only have one stepper on the gym floor so please be considerate with your use. The current world record stands at 9 mins 33 seconds for completing the challenge, so this is something to aim for. Please add your times to the chart on the gym floor so we can see how you are performing and other members know what they have to strive for.



3

Climb Ben Nevis

The challenge: It's treadmill time. 16km in total to cover and the current world record stands at: 1 hour, 25 minutes and 34 seconds. This will be built into your Technogym program so all you have to do is complete the challenge as fast as you can.

Good luck Everyone!

OCTOBER

Monday 1st – Sunday 7th BRING A FRIEND WEEK

Once again it's time to 'Bring A Friend' to use the facilities! All members can bring a friend during 'Bring A Friend Week' to use the facilities for FREE and showcase where you train & relax. Please bring only one guest at a time & each guest is only allowed to enter for FREE once during the promotion week. If any of your friends join the club & state your name, we will have a special membership offer running that will benefit both new & existing members. The offer on joining will run until 14.10.2018.



Friday 26th October Cuisine Night

You Choose Your Cuisine

Cast your vote on each cuisine night. Most popular selection wins and will be announced 4 weeks before the night!

Join us at The Club for our cuisine night. Sample a selection of dishes from a specially designed menu,

Price dependant cuisine chosen

Food will be served from 7.30pm and last orders at the bar will be 11.00pm. The Quiz will begin at approximately 9.00pm. To help us cater for the appropriate numbers please book in advance at reception. All members are welcome and guests can be signed in on the night.

NOVEMBER



October /November -Date TBC Members Ball

The Members Ball returns in 2018. **This event is FREE for all members to attend.** There will be FREE food, entertainment and a drink on arrival. All you have to do is pay for any other drinks you have on the night. Booking is essential as we expect demand to be high.

Lets have some fun and have a great night!

DECEMBER

Saturday 1st – Monday 24th

The Burntwood Advent Calendar

It's time to get your gym sessions in the bank before the Christmas festivities begin! The idea is to complete the game board before 25.12.2018. To move along the game board you need to complete gym exercises and events as listed. Each completed event will give you points that will move you further along the board. The aim is to attend the gym every day OR as much as you can and complete the daily challenges. If you miss a few days, then you can't move on until you have completed all the challenges you have missed! So don't leave too many days in between gym sessions or you may not be able to catch up. This challenge is open to everyone and is a bit of fun before the Christmas Festivities begin. Good luck everyone & you will thank us for it later!

Monday 17th

NEW Timetable Starts

Look out for the NEW Christmas class timetable, lasting 3 weeks, containing all your classes for the festive period.

All our classes are FREE for our members, so why not book a class and try something different for 2018. Classes can be booked online using our website.




Burntwood Court
HOTEL, SPA & FITNESS

Christmas & New Year 2018/19

We are busy planning an array of festive events for you & your family. Let our committed team take care of those fundamental details, so you can enjoy a hassle-free Christmas, freeing up your time to spend with those who matter most. Event brochures should be available in Spring/Summer.

Weddings at Burntwood Court

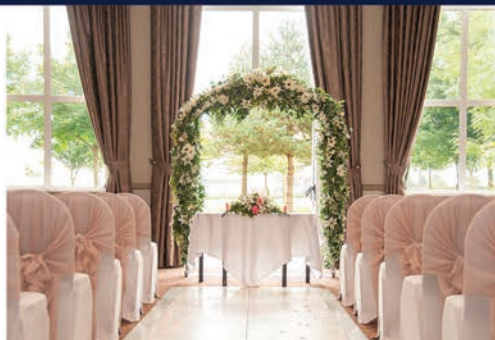
Burntwood Court is a special place for your special day. Set within 35 acres of landscaped grounds, Burntwood Court offers the perfect combination of modern facilities and fine dining as well as exceptional service and attention to detail, to ensure that your day is especially memorable.

Our team of staff have many years of experience organising wedding breakfasts and evening receptions; you can rest assured that every effort will be made to ensure your day runs perfectly. With a number of restaurants and banqueting suites within Burntwood Court, we can perfectly tailor your day to accommodate your party of guests.

With three uniquely different venues, Burntwood Court offers the perfect setting for your wedding breakfast and Evening Reception

Packages start from £3085

Look out for our next wedding open day on our website & social media's...



What better way to relax than booking one of our spa treatments or packages. Our team of experienced and highly qualified beauty therapists are committed to using techniques that can invigorate, energise or simply help you to unwind & relax. In the spa we are always trialing new treatments and products, make sure you keep a look out for promotions with treatments at discounted rates & also those extra special offers exclusive to Club Members!

Spa Packages & Breaks!

Make the most of our facilities with discounted treatments & treat yourself to some serious TLC. You know you deserve it!

Spa Day Packages from £45pp

Overnight Spa Breaks are available too

Check out our full range on our website.

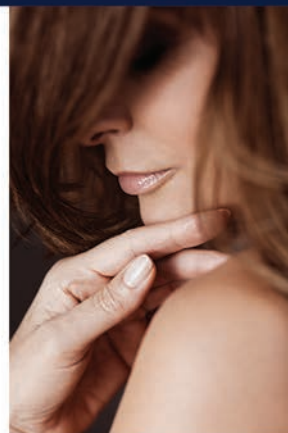
We've got lots of brand new treatments and collaborations coming for 2018
Make sure you keep a look out on our facebook page @BurntwoodSpa

Perfect Hen Party Package!

Gather the girls, and arrange a get together to remember. We have lots of options for you and your hens to make the perfect party tailored to your needs, choose from our set packages or design your own with lots of added extras. Enquire with us for more information and a quotation.

Tel: 01226 707097

Email: thespa@burntwoodcourt.co.uk



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