

THE GREATEST ASSET OF A COMPANY IS ITS PEOPLE

WESTWOODS
HEALTH CLUB AT FETTES

DO YOU WANT YOUR TEAM TO BE PERFORMING AT THEIR OPTIMUM?



The current fast-paced ever-changing environment is testing every one of us in very different ways and stress and anxiety levels are at an all time high. It is more important than ever before to look after your employees' wellbeing and ensure that they have the physical, mental and emotional support to be able to perform at their optimum level.

IMPROVED MENTAL WELLBEING

MEANS THE FOLLOWING

- Better morale
- Less distress
- Greater job satisfaction
- Higher performance levels
- Lower absenteeism
- Higher staff retention rates



HOW CAN WESTWOODS HELP ACHIEVE YOUR WELLBEING GOALS?

OUR CULTURE

People need people to survive and thrive. Recent experiences have taught us the importance of feeling a sense of belonging and at Westwoods we strive to create a welcoming, friendly and inclusive community environment for all. Our team is passionate and committed to assist your staff to set their wellbeing goals to prevent burnout and give them a better work/life balance. This will build their resilience and confidence levels to deal with the current pressures and future challenges.



OUR MAIN FACILITIES
INCLUDE THE FOLLOWING:

- 25m, 6 lane swimming pool which is the largest private pool in Edinburgh
- Sauna and steam room
- Two studios offering over 80 classes per week. Our Energy Studio offers a timetable of exciting high intensity classes whereas our new Wellness studio offers a fantastic range of mind and body classes. We also have an outdoor zone which offers classes in the stunning grounds of Fettes College adjacent to the club.
- State-of-the-art gym featuring Technogym's ecosystem
- Tennis and badminton
- Café Refresh – Westwoods is not just about your fitness but is also focussed on building a community with other like-minded people. We offer a delicious menu which can be enjoyed indoors whilst linking into our complimentary Wi-Fi or on our outdoor patio overlooking our stunning grounds. It's the ideal place to catch up with work, chat to friends and just feel like being part of something more than a health club.
- Complimentary secure parking

WE ALL NEED A SENSE OF BELONGING

TO HELP US FLOURISH



HIGHER EMPLOYEE WELLBEING IS ASSOCIATED

WITH HIGHER PRODUCTIVITY & COMPANY PERFORMANCE

WHAT ARE THE BENEFITS TO YOU OF BEING PART OF THE WESTWOODS COMMUNITY

- Show that you care by focusing on wellbeing to support a healthy work/life balance
- Re-energise your team and have a supported culture
- Develop a sense of belonging amongst your employees
- Improve team productivity
- Reduce work related stress and absenteeism
- Encourage remote workers to stay socially connected
- Improve staff retention

CORPORATE WELLBEING MEMBERSHIP

LET'S MAKE A CHANGE TOGETHER

We would love the opportunity to welcome your staff into our club and promote a supportive environment to enhance their wellbeing. Our friendly team will help them every step of the way and ensure that they feel comfortable within our club.

A FULL ACCESS MEMBERSHIP

- 80+ fitness classes in the Energy and Wellness Studios
- 12-week wellness journey setting wellbeing goals
- Sports Hall with badminton and pickleball
- Tennis courts (April to August)
- 25m, 6 lane swimming pool
- Sauna and steam room
- State-of-the-art gym
- Cafe Refresh



MEMBERSHIP PAYMENT OPTIONS

EACH COMPANY MUST HAVE A MINIMUM OF 6 EMPLOYEES TO QUALIFY FOR THE BENEFITS OF THE WESTWOODS CORPORATE WELLBEING MEMBERSHIP

OPTION ONE

The company pays an annual rate of £1042 per person or £674 for our under 30s with no joining fee. Each company must have at least 6 members of staff to qualify. Any additional members of staff thereafter would be charged the appropriate annual rate and the company will be invoiced in the month of them joining.

Employees will each receive a wellbeing welcome package worth £175 which will include: 3 x PT sessions, lunch for 2 in our brasserie, 2 guest passes and a Westwoods water bottle and sweat towel.

OPTION TWO

The company promotes the membership to their employees and each staff member would be charged £91 per month. This is an 8% discount off the full membership rate, employees will also receive their 1st month free. If an employee is under 30 years old the cost is £59 per month.
Depending at which point in the month you join, a pro rata payment may be taken.

Our standard joining fee will be waived for both of the above options. Each new member wil be charged a £10 fee for a Westwoods wellness wristband.

westwoods@fettes.com
westwoodshealthclub.com
0131 332 5777

GET IN TOUCH WITH US

WE CAN DO THIS

Contact us to arrange a tour and discuss how we can help your employees to set their wellbeing goals and create a better work/life balance to continue to perform at their best.

