

# British Health and Fitness Club Guide 1993: The Definitive Management Guide to Commercial Health and Fitness Facilities in Clubs and Hotels



This guide contains profiles of 2250 health and fitness clubs around Britain. Also included is a survey of new developments in the industry and a buyers guide. Details on each club include: contact details, ownership, construction, membership, equipment, flooring and lighting materials, pools, health and beauty, changing facilities, social facilities, retail facilities. The clubs profiled are arranged alphabetically by town within county throughout the UK. There is also information on fitness rooms within clubs which gives details of: number and make of equipment in each classification; total area in square metres; information on type of training programme and fitness assessment, plus details of flooring, heating, lighting, ventilation and accessories. The buyers guide give the name and contact details of supplier in the trade and also details of the range of services, products and lists of past clubs supplied. Categories include: architects and builders; building services; management and administration services; consulting services; fitness equipment; swimming, leisure and plunge pools; sauna, solarium and spa baths; health and beauty; changing rooms; vending and catering; coin operated machines. The book is aimed at managers and senior leisure officers in leisure centres, managers of health centres, suppliers of goods and services, planning officers and architects, tourist board centres and members of the Sports Council, ILAM, IBRM and other national sport and leisure organizations.

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