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Dear Member

**Win A Years Membership!!
Introduce A Friend During January
& Receive A Free Entry Into The
Prize draw!!**

2011 is now upon us so let's make it a great year!!

January Boost

Let us help you shake off the winter blues and start to feel good in the New Year with a brand new routine incorporating all you need to kick start your fitness campaign. With personal programmes designed just for you and a great range of classes available we've got something for everyone.

Calling all mums & dads....

With our FREE crèche open daily, why not take a well earned break from the kids and get some "me" time back in your life. Try one of our classes or even just chill out and unwind in the sauna & steam room.

Bring A Friend

Bring a friend or family member to the club in January and they can have a free workout with you. It's always good to have a workout buddy (or buddies!!) as it will motivate you when you need it. Ask reception for a voucher!

Studio Classes

If you haven't tried the classes why not do it now, with an extensive timetable there is one for everybody to enjoy. *During January bring a friend for free, collect a voucher from reception(Booking essential).*



Sun Bed courses; Unlimited sun beds @ just £25 per month. (Maximum of 10 minutes in one session).

Let us help you reduce the signs of aging.....

*As we get older we tend to get heavier, slower & less flexible. Bone density decreases significantly especially in women and the aging process marches on.
But it's not all doom & gloom...people who get regular exercise and take control of their diet can actively reduce the signs of ageing.*

Your friendly helpful team are waiting for your call.