



19 ideas to guarantee weight loss

646 muscles pushing, pulling, lifting
30 simple minutes adding years to your life
14 ways to reduce the wobbly bits
7 more lengths before that skinny latte
One of a kind

Join today and pay no joining fee...
Plus get a free weight loss programme
worth £85



Actually exercise is a funny thing. Once you get into it, you want to do it all the time. Now that could be down to the endorphins rushing around your body, or it could be due to our friendly smiles. Perhaps it's a bit of both. Our fitness suite is state of the art but if you're not sure how to work any of it, there's no need to run away (that would be good exercise too!) just ask one of our fitness gurus to show you how they work.

Your time with us doesn't have to end there... You can chill out in our deliciously hot sauna and steam room, you can also join in with classes in our spinning studio and aerobic studio. Then how about a quick dip in our pool. So will it be a quick 40 minute gym workout or a couple of hours of calm, mellow, unhurried drifting from pool side lounge to steam room to pool to treatment room for a soul-soothing, muscle-melting massage.

It will be your Club so you get to choose

Terms and conditions apply.

Leisure and Spa at
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