



**42** days to get  
yourself tip top  
for summer

# Get in shape this summer with six weeks of fitness for only £60

Already a  
member?  
Refer a friend  
to join and  
grab yourself  
a great  
free gift.\*  
See overleaf.

Leisure and Spa at  
**The Hampshire Court Hotel**  
Basingstoke, Hampshire

**01256 330360**

[www.leisureandspaatQHôtels.co.uk](http://www.leisureandspaatQHôtels.co.uk)



# Refer a friend this month and choose a great free gift.

For you to receive your free gift simply enter your friend's details and hand in to reception and we'll contact them on your behalf. You can also give it to your friend who needs to bring it along when joining. Please note this voucher must be completed prior to your friend joining, for the gift to be valid. Once they join we will send you a gift voucher to redeem against the gift of your choice.\*

Your Name:

Membership No.

Friend's Name:

Friend's Contact Number:

Friend's Email:

\*Terms and conditions apply. Gift is only applicable when friend joins. Offer limited to first 30 members. Offer ends 31st August 2009.