



30 reasons to be cheerful...

360 calories disappearing with ease
40 minutes to work those winter 'wobbles'
6 reasons to put your feet up and chill
One of a kind

Sign up a friend this month and
as a thank you we will give
you a free pair of trainers
and your friend their first month free



Your Name:

Membership No.

Friend's Name:

Friend's Contact Number:

Friend's Email:

For your friend to get their first month's membership for free and for you to receive your free trainers, 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 and membership free period to be validated.

Terms and conditions apply. Gift is only applicable when friend joins. Offer limited to first 30 members. Offer ends April 30th 2009.

Leisure and Spa at

Ashford International Hotel

Ashford, Kent

01233 219988

www.leisureandspaatQHotels.co.uk