

Leisure and Spa at
Aldwark Manor
York



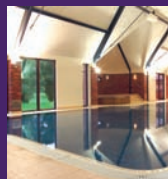
One way to drop a few extra pounds.
One of a kind.

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**Join today and get
one month free**

Offer limited to the first 25 people



QHOTELS



One way to drop a few extra pounds. One of a kind.

Take your first step to looking good and feeling oh so great this New Year.

Exercise doesn't have to be hard work - let's face it, we're not all training for the London marathon or planning to scale Mount Everest sometime soon - It's all about finding the right balance for you, your body and your lifestyle. Our fitness suite has everything you need to jog, twist, push and pull yourself back into shape. And if you're a little unsure about how everything works, simply ask one of our friendly fitness experts who'll be on hand to offer advice, support and guidance during your visit.

If that all seems a little too strenuous how about a quick leisurely dip in the pool or a perfect pampering session in the Spa. Plus as we are located in a super hotel you can end your visit with light lunch with friends or some simple 'me time' with a good book and an even better cappuccino.

Whether it's a 30 minute fitness session before work or a leisurely 2 hour 'where did the afternoon go' with friends the great thing is it's your club - so it's your choice. What are you waiting for?

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Terms and conditions apply.

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