

**Leisure and Spa at
Aldwark Manor Golf & Spa Hotel
York**



**One way to get in shape for spring.
One of a kind.**

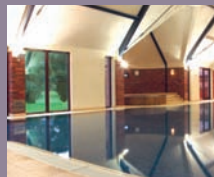
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www.leisureandspaatQHOTELS.co.uk

Join for free

plus be one of the first 25 to join and receive
£180 worth of leisure and spa benefits.

Offer limited to the first 25 people



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One way to get in shape for spring. One of a kind.

The cold weather is slowly starting to fade away, so it's time to shake off those winter blues, spring into action and shape up.

Exercise doesn't have to be a chore; 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 we have a super friendly gym team, to compliment our fabulous fitness suite, who are always more than happy to help you design a 'one of a kind' programme which is perfect for you. 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 much like hard work, how about a leisurely dip in the pool or a rejuvenating treatment in our luxurious Spa. Plus as we are located in a super hotel you can reward your workout with a light lunch with friends or some simple 'me time'.

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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