

Aldwark Manor Golf & Spa Hotel
York



One fitness offer to sit up and take notice of.
One of a kind.

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**Join now and get your
first month free...**

Limited to the first 25 people



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Give temptation a kick... with a little help from QHotels

It's never been more important to blitz those extra winter calories before they get a grip. That's why we're excited to be offering you the opportunity to **GET YOUR FIRST MONTH FREE** at your local QHotels Leisure and Spa today.

With a fully equipped fitness suite boasting the latest gym equipment and technology, and a dedicated team of fitness experts on hand to offer support, advice and assistance, you've never had a better reason to ditch the sofa and shake off those winter blues.

Furthermore, a luxurious dip in our beautiful swimming pool will leave you feeling refreshed and revived. Our sensationally soothing spa

offers a vast array of tempting treatments, including massages, facials, manicures and pedicures. And our gorgeous restaurant offers something to suit everyone's tastes: with a delicious menu full of healthy options and naughty indulgences, it's the perfect way to escape the cold and enjoy some typical QHotels hospitality.



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