

Aldwark Manor Golf & Spa Hotel  
York

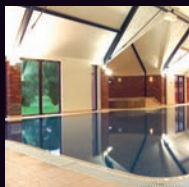


One way to drop a few extra pounds.  
One of a kind.

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**4 weeks of fitness  
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Offer limited to the first 25 people



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

Schedule some 'you' time this summer and book-in to your local QHotels Leisure Club and Spa.

With a fully equipped fitness suite offering 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 opportunity to pump it, push it, and pull it all into super-toned, super-sultry shape.

And after all that hot and sweaty hard work, why not cool off with a refreshing dip in our stunning swimming pool. Plunge headfirst into crystal-clear depths and be transported to the Mediterranean, if only for a while.

So whether you want a quick, adrenalin-pounding blast in the gym before work, a leisurely chill-out followed by some hard-earned indulgences, or a full day of blissful pampering... QHotels Leisure Club and Spa has the answer this summer.

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Terms and conditions apply.

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