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Offer limited to the first 50 people





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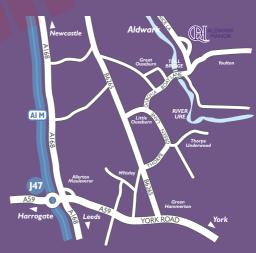
At QHotels, we understand New Year's resolutions are easy to make, harder to implement, and even more difficult to actually follow. So that's why we're offering you the opportunity to stick to your 'Q Year's Resolution' with a fabulous ONE MONTH FREE if you join Aldwark Manor Golf & Spa Hotel.

Our friendly and approachable personal trainers are on hand to offer you the support, advice and guidance you require to really achieve some impressive results. They're also ready and waiting to cajole and encourage if you're feeling a little lacklustre and lethargic.

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Furthermore, with a fully equipped fitness suite packed full of the latest gym equipment and technology, as well as a beautiful swimming pool complete with sauna and steam room, you have everything you need on hand and on site to work and soothe those muscles.



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