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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 Aldwarck 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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