

Lifestyle



Homes & Gardens

March 07



Health & Beauty



Abroad

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Free Fitness Weekend

Friday 9th, Saturday 10th & Sunday 11th March

Mind & Body 2nd Birthday Money Saving Offers

Take advantage of one of our fantastic money saving offers within seven days of our **FREE FITNESS WEEKEND!**

To celebrate our 2nd Birthday we invite you to our **OPEN WEEKEND** where you can use our fitness facilities absolutely free. Try before you buy!

Pay & Play for Classes £3.50 available to non members, booking is advisable, telephone for our extensive class timetable

10 for 12

Pay up front for 12 months membership and get 2 months absolutely **Free** with no joining fee!
Full Membership 12 months £295 - Save £89
Full Membership 6 months £150 - Save £59.50 Off Peak Membership 12 months £235 - Save £77
Off Peak Membership 6 months for £120 - Save £53.50

Fit in 4

Four weeks of fitness for £40, including full use of all fitness facilities, 2hrs of personal training, nutritional advice and Body Gem testing with guaranteed weight loss results
(Join after your Fit in 4 programme & receive your first month for free and free joining fee saving you £59.50)

MORE THAN JUST A HOTEL GYM - AN EXTRAORDINARY GYM FOR ORDINARY PEOPLE!



Telephone Mind & Body at The Sidwell Arms Hotel, Station Road, Renishaw 01246 437 327