

# shape up for *Summer*

We all want to get in shape ready for those summer holidays on the beach, so what better way to do so, than with a 6 week membership at the Cottons Spa between 14th June and 9th August 2010. You'll enjoy all the benefits of the Spa - without having to count the cost.

**Full Membership - £100 per person**

**Day Membership - £75 per person**



Your 6-week membership includes:

- Full use of the Spa facilities including gym, studio classes, pool, sauna and steam room
  - Shape up for Summer sweat towel
  - Complimentary lifestyle assessment and tailor-made exercise programme
  - Complimentary towel on each visit
  - Complimentary fresh fruit
- Use of the Spa:
- Full - anytime.
  - Day - Monday-Friday between 8.00am and 4.30pm and Saturdays 8.00am to 12noon.



Promotion available for ages 18 years and over. Numbers for this promotion will be strictly limited. Visits can not be carried over.

If you decide to join the Spa at the end of your 6-week membership you will receive a voucher booklet worth over £500 to use within Shire Hotels.

## What To Do Next...

You can either call into the Spa, telephone us on **01565 652001** or visit us on **shirehotels.com** for more information.

Please note, places will be strictly limited, so please hurry.

Cottons Hotel & Spa  
Manchester Road, Knutsford, WA16 0SU

the  
**spa**  
treatments

