

# give someone the perfect gift...

## a personal training voucher



**Add on one  
months Spa  
membership  
for only £55**

Personal Training offers one-to-one structured exercise, nutrition and dietary analysis for individuals to achieve their goals.

Vouchers can be bought at reception for the following prices:

1 Session £30

6 Sessions £165

10 Sessions £250

Personal Training sessions must be pre-booked.

the  
**spa**

For more information contact Matt Sutton or Andrew Harvey at the Spa reception or call 01536 414790