

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 North Lakes Spa from 1st July to 15th August 2010? You'll enjoy all the benefits of the Spa - without having to count the cost.

Full Membership - £80 per person

Day Membership - £65 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 water bottle, drawstring bag and sweat towel
- Complimentary lifestyle assessment and tailor-made exercise programme
- Complimentary towel on each visit
- Complimentary hot drinks

Use of the Spa:

- Full Membership - anytime.
- Day Membership - Monday-Friday between 6.30am and 4.30pm and Saturdays 7.00am to 2.00pm.



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 **01768 867141** or visit us on shirehotels.com for more information.

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

North Lakes Hotel & Spa,
Ullswater Road, Penrith, Cumbria, CA11 8QT

the
spa
treatments

