

# Spring into fitness 2010

We all want to get in shape ready for those summer holidays on the beach, so what better way to do so, than with 12 visits to the North Lakes Hotel & Spa between 1st April – 30th April 2010. You'll enjoy all the benefits of the Spa - without having to count the cost.

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

Daytime Membership - £40  
Full Membership - £55

Take advantage of a professional lifestyle assessment and introduction to the gym, make full use of the Spa facilities including our large whirlpool, sauna and steam room - and even have the opportunity to join exercise classes at no extra cost.

In fact, if you do enjoy being pampered as much as we think you might and you join as a full member before the offer ends, we'll treat you to Shire vouchers worth over £500 - including a one night stay in a Shire Hotel.

