



61 Days of fitness and counting...

646 muscles you can tone back into shape
25 lengths before breakfast or brunch
18 spa jets for releasing the days tension
7 programmes for guaranteed weight loss
One of a kind

**Sign up a friend today and they will
enjoy the rest of the year free**



Your Name:

Membership No.

Friend's Name:

Friend's Contact Number:

Friend's Email:

For your friend to get their free membership period and for you to receive your wine, simply enter your friend's details and hand in to reception and we'll contact them on your behalf. You can also give it to your friend who needs to bring it along on their first visit.

Terms and conditions apply.

**Leisure and Spa at
Forest Pines
North Lincolnshire**

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www.leisureandspaatQHotels.co.uk