

Aldwark Manor Golf & Spa Hotel
York



Terms & conditions apply.

Join for free today

Plus we will throw in a free weight loss programme worth £80.

Offer limited to the first 25 people

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 QHOTELS





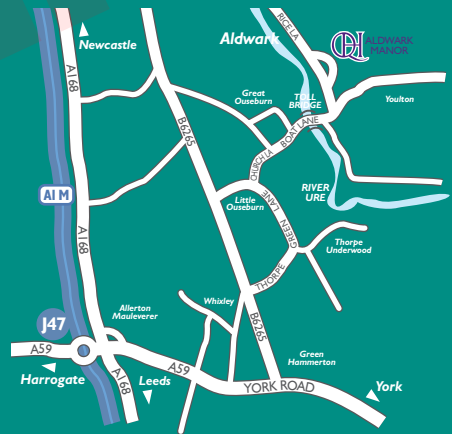
“ Without the support of the fitness team, I would still be overweight, lacking energy and feeling tired. ”

Spring into action... with a little help from QHotels

With spring upon us and the summer months just over the horizon it's time to start forward planning for those slinky summer outfits and beach torsos.

QHotels are here to give you a helping hand in attaining the body beautiful, this month you can JOIN FOR FREE, plus we will throw in a FREE WEIGHT MANAGEMENT PROGRAMME - worth £80.

With a fully equipped fitness suite boasting the latest gym equipment and technology, and our beautiful swimming pool offering you the opportunity to take a dip and feel refreshed and revived, you've never had a better reason to kickstart your programme and achieve your fitness goals.



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