



646 muscles pushing, pulling, lifting  
30 simple minutes adding years to your life  
7 programmes for guaranteed weight loss  
One of a kind

## Corporate membership for NHS for just £35 a month (saving you over 35%)

Come and see our new improved fitness suite,  
and when you join today, you will receive the following benefits:

- No joining fee
- Free one to one support and fitness assessments
- Free weight loss programme and eSupport registration
- Free benefits calendar
- No long term contract\*
- Friends and family rates\*

\*Terms and conditions apply.



qhotels is part of the change4life movement.  
in order to maintain a healthy weight, we need to  
both eat well and move more. many families are  
making changes that will help them live healthier  
and longer. visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) or  
call 0300 123 4567 for more information."

Leisure and Spa at  
**The Cambridge Belfry**  
Cambourne, Cambridge

**01954 714620**  
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**QHOTELS**



Hotel Group of the Year  
2008 - 2009