

A slimmer, fitter YOU...is just around the corner!

Let the team at The Hampton health and leisure club get **you** into **the best shape of your life**.

The Hampton is just 5 minutes from this train station and our membership rates range from **£19 to £26 per month** - offering fantastic value for money.

You could attend one of our regular classes, or use our personal trainers to create a plan that's **unique to you**. Either way we'll make sure that you're so highly motivated, that achieving your goal is fun and rewarding.

We're so convinced that you'll love The Hampton, that we're offering a **1 day FREE membership**, so you can use the facilities, talk to the team and **kick-start your journey to a slimmer, fitter you**.

Bring in the coupon below when you come to claim your FREE day's membership.

See you soon!



FREE 1 DAY MEMBERSHIP

Please bring this voucher with you to redeem your free membership offer.

MAP

Offer ends: 31st December 07

Offer code: TH07/DECTRAIN

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