

Fantastic offers from The Spa At The Midland

The Gym at The Spa At The Midland, would love to invite University staff for a **1 day complimentary gym pass** with us to use Monday – Thursday: 26- 29th July.

With a fully equipped fitness suite boasting state-of-the-art Pulse equipment and a dedicated team of fitness experts on hand to offer support, advice and assistance, you've never had a better reason to shake off those winter blues. The Gym at The Spa At The Midland gives you access to a superb range of facilities meaning they will have a stress free time with us and hopefully go back to work with recharged batteries!

- State-of-the-art Pulse equipment with virtual active training
- Functional training zone
- Relaxation pool
- Salt-infusion aromatherapy steam room
- Alder wood sauna
- Lifestyle shower

You can also take advantage of The Spa At The Midland's exclusive spa offers with **20% off 55 minute treatments** booked on Tuesdays and luxury spa day offers we've an array of unique promotions for you to share amongst your colleagues.

Simply email cwatmough@qhotels.co.uk to reserve your staff places on our gym trial days or for further information on the facilities. There are only limited places available so booking early is advised.

Corporate membership is just £50 a month. If you would like anymore information regarding corporate promotions or to discuss any of the offers in more detail please do not hesitate to get on contact.

Kind Regards,

Claire Watmough
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