

**NEW
RESISTANCE
AREA NOW OPEN**



PAY JUST £30 UNTIL 1ST JANUARY 2016

**PLUS WE DONATE £5 TO
FRANCIS HOUSE HOSPICE WHEN YOU JOIN**



Pay just £30 to join and you will receive:

- **Membership until 1st January 2016**
- **1 Month FREE** pass for a friend
- **FREE** Hydro+ drinks for 1 month

CALL 0161 971 7065 TODAY

or visit www.waterside-leisureclub.co.uk and use promo code CCE



**Waterside Hotel & Leisure Club,
Wilmslow Road, Didsbury, Manchester, M20 5WZ.**

Please check minimum term on memberships. Not applicable to student memberships.
Offer ends 30.11.15

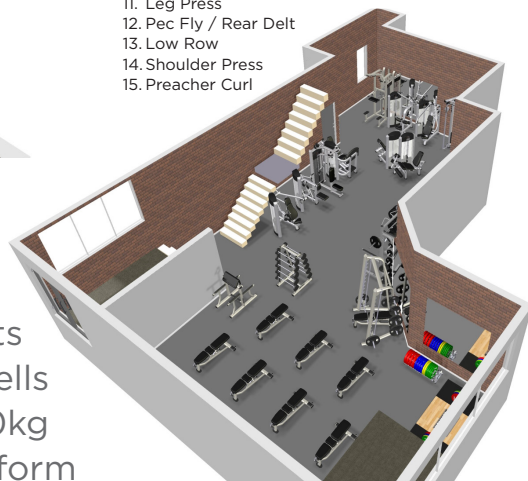
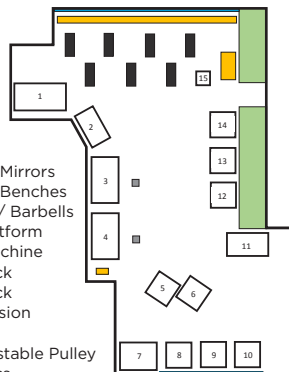
NEW RESISTANCE AREA NOW OPEN

MORE ROOM, FANTASTIC FLOORING & NEW EQUIPMENT



Key

- Stairs
 - Mirrors
 - Pillars
 - Benches
 - Dumbbells / Barbells
1. Lifting Platform
 2. Smiths Machine
 3. Power Rack
 4. Power Rack
 5. Leg Extension
 6. Leg Curl
 7. Dual Adjustable Pulley
 8. Chest Press
 9. Lat Pulldown
 10. Assisted Chin & Dip
 11. Leg Press
 12. Pec Fly / Rear Delt
 13. Low Row
 14. Shoulder Press
 15. Preacher Curl



- 4 Adjustable Benches
- 1 Preacher Curl Bench
- 2 Squat Power Racks
- New Bars & Olympic Weights
- 2 EZ Curl Bars • New Dumbbells
- Fixed Barbells from 5kg - 50kg
- Olympic Weight Lifting Platform

PLUS YOUR MEMBERSHIP INCLUDES

- 120 Station Gym • 100 Classes per Week
- Ladies Only Gym • 25 metre pool • Relaxation Area
- Members Bar & Lounge • Free Parking



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