

A photograph of three women in a gym, focused on their workout on stationary bikes. They are wearing athletic wear; the woman in the foreground is in a teal top, the middle woman in a light blue top, and the background woman in a purple top. The background is bright and slightly blurred, suggesting a large window or bright lighting.

aspirations

**BE OUR GUEST**

A FREE 1 DAY PASS to our health and fitness suite including any fitness class\*

Name:

Email:

Tel:

Site name:

Valid until: 28th February 2022

## Your invitation for a 1 DAY PASS at Telfords friendliest health club.

Take to reception at your nearest Telford & Wrekin Leisure facility where a member of the team will process your guest pass. Valid for non-members and first time guests only. Must be at least 16 years old. No other discounts can be used with this offer. Valid photo ID required at redemption. No cash value, not for resale or transfer.

**\*Fitness class must be booked in advance. Only one fitness class is permitted per guest pass. Only one guest pass allowed per person.**

Whilst our instructors are qualified to offer advice on exercise, fitness and correct use of equipment, they are not medically qualified. You the individual needs to satisfy yourself that you are fit enough to take part. We recommend that anyone (particularly older people) starting physical activity should speak to a doctor first. We cannot accept responsibility for injury or health problems which may arise from taking part in physical activity.

[www.telfordandwrekinleisure.co.uk](http://www.telfordandwrekinleisure.co.uk)



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COUNCIL