

# Rivers

There has never been a better time to join Rivers Health & Fitness...

## ALL AFFILIATED SPORTS TEAMS

Join before 22nd February 2011 and receive:

**ONE MONTH FREE**  
**ONE FREE PERSONAL TRAINING SESSION**  
**NO MINIMUM CONTRACT**  
**NO JOINING FEE**

You also benefit from discounted PEAK membership  
**£32.00 per month** (saving you up to £7.00 per month)

Included in membership: Assessments, fitness programmes, reassessments, fitness classes\*, sauna, steam room and Jacuzzi, tennis and squash.



and if that wasn't enough... **We are also offering a discount on our party room hire! £50.00 off** (discounted price £150.00 for members / £200.00 for non members)

Refer this offer to your friends and family so they can benefit too.

Our Riverview party room has its own private bar, and holds up to 150 people.

For more details and to book please contact Adam Bodimeade or Donna Dixon. End date 31st December 2011.



Rivers Health & Fitness - Scours Lane, Tilehurst, Reading RG30 6AY  
T 0118 942 4130 E [rivers@ibisclub.co.uk](mailto:rivers@ibisclub.co.uk) W [rivershealthandfitness.co.uk](http://rivershealthandfitness.co.uk)

\* excludes Pilates, Yoga and Zumba. Terms & conditions apply.