

LADIES ONLY GYM SESSIONS

at
THE HEIGHTS

WHAT ARE THESE SESSIONS?

We've added ladies-only gym sessions in the Health Zone to our programme.

No matter what shape or size you are (or think you are!), you can be totally comfortable working out



WHEN ARE THE SESSIONS?

Tuesday 6 to 8.30pm
Thursday 5 to 9pm

BOOK YOUR FIRST SESSION
AT RECEPTION NOW!

Cost £5.20 per session
FREE with a **One Card**
(TERMS AND CONDITIONS APPLY)