

emperors

health & fitness club in association with...



INTRODUCTION

Whether you're looking to kick-start your day with an early morning work out, a fitness enthusiast or sports person, looking to improve your physique, wanting to take fitness classes with like-minded people, or to just simply relax and make friends. We have the facilities, the equipment, and the expertise to ensure you enjoy your visit and get the most out of your sessions.

OUR FACILITIES

Trial, Induction, Exercise programmes and diet plans all free of charge • Massage Room • State of the art cardiovascular machines • Beauty Salon • Free parking • Impressive array of the latest resistance machines and free-weights • A wide range of exercise classes • Hydro swimming pool and saunas • Fully qualified and friendly staff • Wide screen television and state-of-the-art-sound system • Great Atmosphere.

CLASSES

Water Aerobics • Spinning For Beginners • Legs Bums & Tums • Abs and Back • Fitness Kickboxing • Chi-yoga • Circuit Training • Total Body Conditioning • Step • Circuit Boxing • Yoga For Beginners • Boxing • Abs • Fit Ball.

OPENING TIMES

Mon-Thurs: 06:30-22:00 Fri: 06:30-21:00 Sat: 07:00-19:30 Sun: 07:30-16:00

EXTRAS

The Lime Tree Beauty Salon: (01904 427770 / 07905337313) www.thelimetreesalon.co.uk

Touch Swedish Massage: (07799 607819) www.touchmassageyork.co.uk

Personal Trainer Edd Moran: (07825 291766) www.eddmoran.co.uk

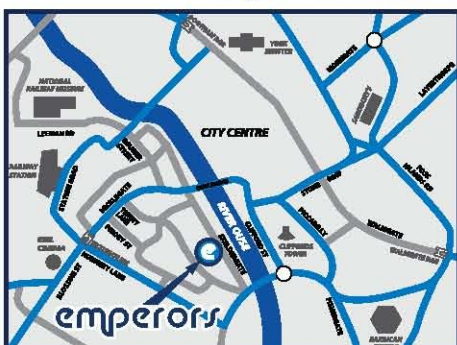
Personal Trainer Mark Robinson: (07824 539611) www.markrobinsonpt.co.uk

WHERE TO FIND US

The Old Sawmill, 52 Skeldergate, York. YO1 6DS.

Tel: 01904 610208 Web: www.emperors.co.uk Email: enquiries@emperors.co.uk

Emperors Health Club offers a haven for everyone!



Use of all facilities and classes are free of charge on production of our voucher available from the hotel reception.

Please book Hydro swimming pool and fitness classes in advance on the telephone number above.

Under 18's need signed parental consent and must be accompanied by an adult at all times.

Under 16's are restricted from using the resistance and free-weight equipment.