



The Stables Leisure Club really does offer something very special for those who want to work out, improve fitness or just relax. The club sits in an old stable block which has been converted into a state-of-the-art gym, whilst retaining many of the original design features of the building, providing a calm area in which to unwind.

The facilities are extensive, two saunas, a steam room and squash courts, not to mention an ice-cold plunge pool, if you're feeling brave. Add to that a group of friendly instructors and attendants and the experience is complete.

## OUR FACILITIES

- Two indoor heated swimming pools
- Computerised, air-conditioned gym
- Hot tub and 'swim-in' Jacuzzi
- Fitness and aerobic studio with classes
- Two saunas
- Steam room
- Squash courts
- Ice cold plunge pool
- Personalised fitness programmes
- Beauty Salon and Spa



**STABLES**  
COUNTRY CLUB

For more information call The Stables on **0161 763 9999**

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