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For immediate Release

NEW HEALTH AND FITNESS CLUB IN MIDDLETON

A new exclusive members only health and fitness club is coming to the area soon. The Pine Trees Health and fitness Club is opening in Middleton on 1 May 2019. It is situated in the grounds of Pine Grove just off the A123.

Indoors, the club offers a fully kitted out state-of-the-art gymnasium plus an extensive programme of exercise classes running weekly to suit all abilities. There is also a heated pool and three squash courts.

Outdoors there is a choice between three tennis courts, a nine-hole mini golf course and a heated outdoor pool. Alternatively you can walk or jog along lit pathways throughout the grounds.



HEATED OUTDOOR POOL

The manager, Sonia Phillips said 'I'm delighted to be opening the doors at last to our beautiful club. I firmly believe that the Pine Trees Health and Fitness Club will set the gold standard for health clubs in Middleton and beyond. My team and I will be offering the warmest of welcomes to everyone joining in the next few weeks.'

The gold standard includes 'The Healthy Options' restaurant on site offering nutritional meals after workouts or around other activities. Members also have exclusive access to the hair and beauty salons. The children's creche can accommodate children from 6 - 36 months.

Opening hours are: Mon - Fri 0600 - 2200 Sat / Sun : 0800 - 2000

As part of the launch the Pine Trees Health and Fitness Club is offering new members a 10% discount on their standard rates and no joining fee for the first three months. Fees can be paid annually or by monthly instalment.

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Press Release

Note to Editor: More information including beauty treatments, creche facilities and bookings available on website at: www.pinetrees.co.uk