



...a **FREE** day of health & fitness!
be our guest...

Name:

Address:

Postcode:

Email:

Tel (day) (eve)

Mobile:

Expiry date/Appointment

This is your **invitation** for a **FREE DAY**
at **Stamfords** friendliest **health club**.

I accept full responsibility for my use of any and all equipment and facilities operated by the club at my own risk and shall hold the club, its directors and employees harmless from any and all loss, claim, injury, damage or liability sustained or incurred by me resulting there from, except as a result of any negligent act or omission of the company or of its employees or agent.

Signature: Date:

www.westsideclub.co.uk • tel 01780 480651

normal value £12.95