



get the most out of life

with **Sebastian Coe Health Clubs**

I'm delighted that you're thinking of joining one of my Health Clubs. At Ramada Jarvis Hotels, we have something for everyone of all ages to enjoy. Our members, when joining the Health Clubs, have different goals; whether it's to lose weight and tone up, improve performance or simply socialise with friends, the clubs offer everything you could want in a friendly and professional atmosphere.

We believe that we have something for everyone - and we're here to help so please ask. I very much look forward to meeting you soon.



PS. As a member you will also benefit from being part of Ramada Jarvis Hotels which offers you first choice on all best deals, discounted seasonal breaks and exclusive great food offers.



Sebastian Coe
HEALTH CLUB





get so much more...



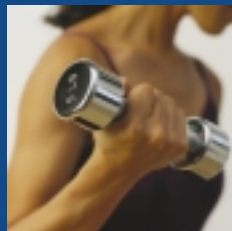
The right club, right price and right location

Join today and receive 5 FREE one-to-one training sessions and 5 complimentary day membership passes for your partner or friends to enjoy.

Where you'll find us....

To find out more simply call the Ramada Jarvis Hotel today and select the Sebastian Coe Health Club option.

Seb Coe Ayr	0844 815 9005
Seb Coe Birmingham, Sutton Coldfield.....	0844 815 9022
Seb Coe Bolton	0844 815 9029
Seb Coe Bristol North, The Grange.....	0844 815 9063
Seb Coe Bristol City	0844 815 9100
Seb Coe Chester	0844 815 9001
Seb Coe Farnham	0844 815 9046
Seb Coe Gloucester, Bowden Hall	0844 815 9077
Seb Coe Gloucester, Hotel & Country Club	0844 815 9044
Seb Coe Hull	0844 815 9037
Seb Coe Inverness	0844 815 9006
Seb Coe Kidderminster	0844 815 9033
Seb Coe Leeds Parkway	0844 815 9020
Seb Coe Livingston	0844 815 9102
Seb Coe Maidstone	0844 815 9045
Seb Coe Newbury, Elcot Park	0844 815 9060
Seb Coe Norwich	0844 815 9036
Seb Coe Swansea	0844 815 9081
Seb Coe Tunbridge Wells	0844 815 9074
Seb Coe Watford	0844 815 9056



Sebastian Coe
HEALTH CLUB

...Go the distance

www.sebcoehealthclubs.co.uk