



## **PRESS RELEASE**

**March 30 2016**

**For Immediate Release**

### **NEW HEALTH & FITNESS CLUB OPENS IN MIDDLETON**

A new fitness club equipped for the twenty-first century is opening on Monday 4<sup>th</sup> April in Mill Park, Middleton. The Pine Trees Health & Fitness Club is situated on the former Freud Hospital site, where the owners have built a modern facility from scratch while making use of much of the existing scenic gardens.

Uniquely to the area, Pine Trees has excellent outdoor facilities – three outdoor tennis courts, a nine-hole mini golf course and an open-air heated swimming pool. This is complimented indoors by another full-length pool, three squash courts and a state-of-the-art gymnasium. An extensive exercise class programme of over 60 sessions per week will be on offer, with trained instructors in air-conditioned studios.

When not pushing their physical limits, members will be able to enjoy Pine Trees' own 'Healthy Options' restaurant, and relax in the on-site hair and beauty salons. Crucially for parents, a children's crèche is also available.

Manager Sonia Phillips says: "I'm delighted to be opening the doors at last to our beautiful new club. I firmly believe that Pine Trees will set a 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."

(more follows...)

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Membership of Pine Trees can be paid annually or in monthly instalments. As a special launch offer during the first three months every new member will receive a 10% discount on the standard rates for the first year and the usual joining fee will be waived.

Pine Trees will be open 6am-10pm Monday-Saturday, and 8am-8pm on Sundays and Bank Holidays.

Anyone wishing to enquire about membership should contact Sonia on 0344 248 3732, or email [Sonia@PineTreesFitness.com](mailto:Sonia@PineTreesFitness.com), or they can also apply online at [www.PineTreesFitness.com](http://www.PineTreesFitness.com)

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For further information: Sonia Phillips  
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**Pine Trees Health & Fitness Club**  
**Carriage Approach, Mill Park, Middleton, MD4 3QT**