

Gym, swim, relax

OTIUM
HEALTH & LEISURE



Escape, energise, relax

Been busy? Time to leave it all behind.

Work out, chill out, set your pulse pounding or let yourself be pampered – whatever way you choose to relax, our Otium Health & Leisure Clubs give you the facilities, activities, treatments and time you need.



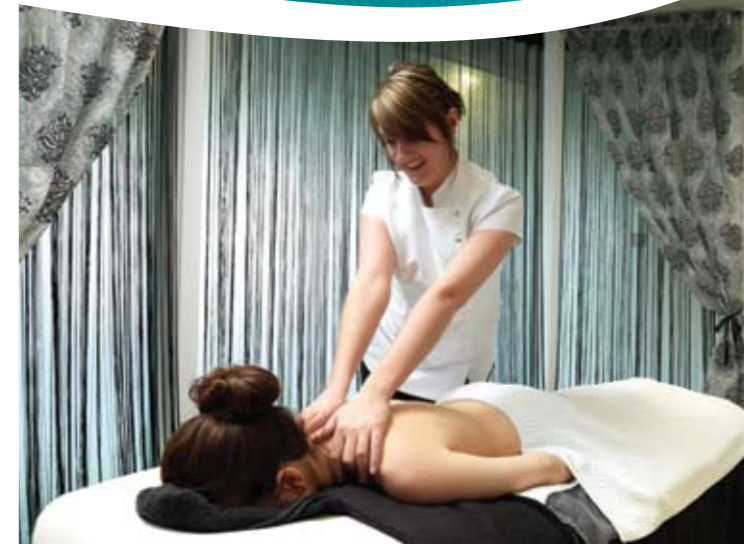
Welcome to the relaxing part of your day

However you've spent your day, this is your chance to relax and indulge.

In the comfortable, informal surroundings of our Otium Health & Leisure Clubs, you can be as lively or as lazy as you like. So take your time. You've earned it.

- Heated, indoor swimming pools
- Separate children's splash pools in many Clubs*
- Steam rooms and saunas*
- Fully-equipped, air-conditioned gyms where you can follow your own programme or have one written for you by our fully trained staff
- Wide range of classes*
- A range of pampering and indulgent beauty treatments at selected Clubs*

* Please look online or ask at your local Club for details of the specific facilities they offer





It pays to belong

As an Otium Club member you'll be entitled to some great benefits.

And that's not all – our loyalty scheme* rewards you the more you visit us. You could win anything from free passes, to dinner at a Thistle hotel, to a free night's stay at any of our hotels!

- 25% discount off Thistle hotel stays all year round
- Discounts off food and beverage
- 100% 14-day money-back guarantee
- Free use of all Otium Clubs across the UK
- Access to all 3D leisure clubs across the UK for an extra £5
- Unlimited guest passes for your first month of membership (must be a different person each time)
- Free fitness assessment and programme

* Terms and conditions apply



Membership to suit you

We've got a number of different membership options, so you can get the one that's right for you.

For details, ask at your local Club or have a look online – all our membership plans and special introductory offers are explained at www.thistle.com



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Thistle Aberdeen Altens

Souterhead Road
Aberdeen AB12 3LF
Tel. 01224 896 687 Fax. 01224 896 964
Email. aberdeen@otium.thistle.co.uk

Thistle Brands Hatch

Brands Hatch, J3 M25
Dartford, Kent DA3 8PE
Tel. 01474 855 705 Fax. 01474 853 220
Email. brandshatch@otium.thistle.co.uk

Thistle Brighton

King's Road
Brighton BN1 2GS
Tel. 01273 763 234 Fax. 01273 820 692
Email. brighton@otium.thistle.co.uk

Thistle Cheltenham

Gloucester Road
Cheltenham GL51 0TS
Tel. 01242 243 669 Fax. 01242 221 846
Email. cheltenham@otium.thistle.co.uk

Thistle City Barbican

Central Street, Clerkenwell
London EC1V 8DS
Tel. 020 7956 6080 Fax. 020 7956 6047
Email. barbican@otium.thistle.co.uk

Thistle East Midlands Airport

Castle Donington
Derby DE74 2SH
Tel. 01332 814 668 Fax. 01332 850 823
Email. eastmidlands@otium.thistle.co.uk

The Grand

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Bristol BS1 2EL
Tel. 0117 927 6335 Fax. 0117 922 7619
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Thistle Glasgow

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Glasgow G2 3HN
Tel. 0141 352 4934 Fax. 0141 332 4050
Email. glasgow@otium.thistle.co.uk

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Merseyside WA11 9SG
Tel. 01942 292 008 Fax. 01942 711 092
Email. haydock@otium.thistle.co.uk

Thistle Inverness

Millburn Road
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Thistle Manchester

3-5 Portland Street, Piccadilly Gardens
Manchester M1 6DP
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Email. manchester@otium.thistle.co.uk

Thistle Middlesbrough

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Tel. 01642 333 170 Fax. 01642 232 655
Email. middlesbrough@otium.thistle.co.uk

Thistle St Albans

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