

## **Basingstoke's First Eco Friendly Gym Opens at The Hampshire Court Hotel**

*£220,000 refurbishment completed with state-of-the-art equipment*

The Hampshire Court Hotel in Basingstoke, part of the award-winning QHotels group is due to open its doors to Basingstoke's first eco friendly, state-of-the-art gymnasium this weekend following a £220,000 refurbishment.

The hotel which boasts two swimming pools, five indoor tennis courts, three outdoor tennis courts, sauna, steam room and six spa therapy treatments rooms has undertaken a £220,000 refurbishment of the gym and one of the three exercise studios in conjunction with Pulse Fitness to provide users with the most innovative, state-of-the-art cardio vascular and resistance equipment available. All of the new cardio machines including upright bike, recumbent bike, stepper and cross trainers are energy efficient as all are self-powered, thereby cutting down on the amount of electricity required. All have the latest inbuilt audio visual equipment including an iPod docking station and TV screen. This unique design means that the user themselves generate the power needed to watch TV or charge their iPod – a good encouragement to work harder! In addition to the cardio and resistance machines there will be a state-of-the-art free weights area and a new spinning studio. Personal training and goal setting will be available and at the end of a workout members can enjoy a 25% discount and some well earned refreshment in the Costa coffee brasserie area or indeed any bar or restaurant in the hotel.

“Our leisure centre is extremely popular with residents and members alike and we are delighted to be working with Pulse Fitness to provide all our users with the latest high-tech equipment.” Commented Dan Kelly, General Manager of The Hampshire Court Hotel “At the same time we also take our Corporate Social Responsibility very seriously and last year saw a 7% decrease in the amount of energy we used. By providing our gym users with the self-powered luxury equipment we hope we can encourage more people to get fit and continue to cut down on the amount of electricity we consume, thus helping to meet our energy efficient targets.”

Full Membership of the Leisure Club at The Hampshire Court Hotel for adults is only £50 per month and for parents who are members under 12's can enjoy complimentary membership\*.

For more information about The Hampshire Court Hotel please contact 01256 319700 or go to [www.QHotels.co.uk](http://www.QHotels.co.uk)

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Read all about us!  
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\*Subject to junior membership availability

The QHotels 21: **The Westerwood Hotel & Golf Resort** - Near Glasgow... **Aldwark Manor Golf & Spa Hotel** - York... **The Queens** - Leeds... **Forest Pines Hotel & Golf Resort** - North Lincolnshire... **Tankersley Manor** – Tankersley, Nr Sheffield... **The Midland** - Manchester... **The Park Royal** – Stretton, Warrington... **Crewe Hall** – Crewe, Cheshire... **The Nottingham Belfry** - Nottingham... **Telford Hotel & Golf Resort** – Telford, Shropshire... **Stratford Manor** - Stratford-upon-Avon... **The Stratford** - Stratford-upon-Avon... **Chesford Grange** – Kenilworth, Warwickshire... **Hellidon Lakes Golf & Spa Hotel** – Hellidon, Northamptonshire... **The Cheltenham Chase Hotel** - Gloucestershire... **The Cambridge Belfry** – Cambourne, Cambridge... **The Oxford Belfry** –Thame, Oxford... **The Hampshire Court Hotel** - Basingstoke, Hampshire... **Norton Park** - Winchester, Hampshire... **Bridgewood Manor** – Chatham, Kent... **Ashford International Hotel** – Ashford, Kent

### A little bit about us:

- QHotels prides itself in its collection of 21 carefully nurtured, unique properties throughout the UK. Some hide away in the most beautiful countryside, some preside over bustling city centres, but each with its own little idiosyncrasies, ensures guest enjoy a truly unique experience - whether staying for pleasure or business.
- Founded in 2003 by Managing Director - Michael Purtill, Sales Director - David Taylor, Finance Director – Ian Goulding and investment company Alchemy Partners;
- The collection has grown from 2 to 21 properties over the last six years.
- The collection, which boasts iconic properties including The Midland in Manchester, The Queens in Leeds and Crewe Hall in Cheshire, has been voted AA Hotel Group of the Year 2008/09 and is ranked 17<sup>th</sup> in The Times Buyout FastTrack register of the 100 fastest growing private equity backed businesses... one of the few companies to feature in the top 100 in two consecutive years. In addition to this... January 2009 alone saw QHotels shortlisted for the Business Hotel Brand of the Year Award at the Business Travel Awards and Winchester property Norton Park scoop two HRS Hotel Excellence Awards (Excellence in Meetings and Excellence in Business Management). Since then QHotels trophy cabinet is buckling under the weight of new awards, including 'Most Improved Brand' for the second year in a row in the 2009 BDRC UK Meetings Market Survey and the 'Excellence in Training Award' in Caterer & Hotelkeeper's Best Places to Work in Hospitality 2009
- Take a look at our website [www.QHotels.co.uk](http://www.QHotels.co.uk)

QHOTELS



Hotel Group of the Year  
2008 - 2009