



Northern Motors and Watford Leisure Centre Central

Free Guest Pass & Body 'MOT'

for all customers booking an MOT with Northern Motors Watford!

Receive a 3 day free trial and, if you decide to join WLCC afterwards, you will receive a 20% discount on the joining fee.

The Body 'M.O.T' will take place at the Centre, and will include a 121 consultation with one of WLCC's fitness motivators. Special internal age and body fat scales will be used in the consultation. The scales calculate your body composition using Bio-electrical Impedance Analysis(BIA). Safe, low-level electrical signals are passed through the body via footpads on the monitor platform. It is easy for the signal to flow through fluids in the muscle and other body tissues but meets resistance as it passes through body fat, as it contains little fluid. This resistance is called impedance. The impedance readings are then entered into medically researched mathematical formulas to calculate your body composition.

PLUS



Incredible deals across the Vauxhall range

FREE Garmin Nuvi 1310 Sat Nav



FOR ALL WLCC MEMBERS WITH ALL NEW & USED CAR PURCHASES FROM NORTHERN MOTORS

- **15% Discount on parts • 10% discount on labour**
- **Free collection and delivery or free courtesy car⁺**
- **Free wash and vacuum for all servicing and warranty work**



OVER 2000 QUALITY USED CARS IN GROUP STOCK



Lifetime 100,000 Miles Warranty

Valid for 2nd registered car owner only and for used Vauxhalls under 1 year and 30,000 miles