



They say you cannot choose your neighbors well we have been most fortunate with ours. Carlisle Health & Fitness club is another in the Ben Dunne chain of top quality gyms around the city. Many of our members have signed up for the gym and are reaping the benefits. Ben & co have been generous sponsors of our Autumn Fourballs over the last 4 years. The gym has in excess of 1,000 members but its popularity continues to grow as the nation faze for fitness shows no signs of subsiding.