

# LEISURE MEMBERSHIP @ DALMAHOY



**ALL MEMBERSHIPS INCLUDE FREE CLASSES,  
FREE TOWELS & FREE LOCKERS**

## **Full Peak Membership**

Allows unrestricted access  
from 6am – 11pm,  
7 days a week

## **Off Peak Membership**

Allows the following access:

- Monday – Friday 6am – 5.30pm
- Saturday – Sunday 7pm – 11pm

## **Facilities include:**

- 18m x 10m heated swimming pool
- Sauna and steam room
- Fully equipped gym with resistance, cardio and functional equipment
- Fitness studio
- Full fitness class timetable with over 30 classes per week
- Personal trainers who create personalised programmes
- Jogging trail
- 2 outdoor floodlit tennis courts
- Bar/restaurant
- Towel on arrival
- Free car parking

For more information please call

**0131 335 8012**

or email: [membership@dalmahoyhotelandcountryclub.co.uk](mailto:membership@dalmahoyhotelandcountryclub.co.uk)



**DALMAHOY**  
HOTEL & COUNTRY CLUB  
EDINBURGH

# LEISURE MEMBERSHIP

## @ DALMAHOY

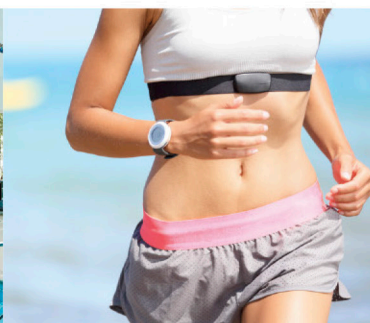
- You can also join in the knowledge that there is no contract and no joining fee, we just require 30 days' notice from the start of the month in writing if you wish to leave

**FREE FRIEND FRIDAY**

&

**FAMILY SUNDAY**

- As a leisure member you are entitled to bring 1 guest for free every Friday to use the Leisure facilities and also 3 free guests on the last Sunday of every month.
- Fitness class bookings can be made up to 10 days in advance at leisure reception or via the Intelligent Golf, Health & Fitness Portal.



**See insert for full list of fantastic benefits you are entitled to with your membership.**

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