

# LEISURE & FITNESS

## SHAPE UP FOR SUMMER 6 WEEKS OF HEALTH & FITNESS

Summer is here and we want to help you make the most of it. Whether it's the chance to get into shape before your holiday, to improve your fitness or to relax with friends and family, Dalmahoy is the perfect venue for you.

> 6 Week Membership JUST £49 per person

6 Week Family Membership

\*Valid for 2 adults and children under 18 go free.



#### Leisure and fitness facilities include:

- Heated indoor swimming pool with sauna and steam room
- State-of-the-art gym
- Beautifully appointed changing facilities
- Outdoor tennis courts
- Daily exercise classes (including spinning, body combat and Zumba)

To take advantage of your six week membership trial offer and arrange your visit, simply call us on

### 0131 335 8012 dalmahoyhotelandcountryclub.co.uk

Terms & Conditions:

\*Offer only applicable during July, August & September 2017 at Dalmahoy. All offers subject to availability. Places may be limited. To continue using the club after your 6 weeks trial has expired you must join on a full membership category. 6 Week trial members will be issued with a temporary trial membership card which must be shown on each visit.

## GOLF @ Dalmahoy



## 1 MONTH GOLF MEMBERSHIP FOR JUST £99

The golf season is in full swing and we are delighted to offer you a one-month trial membership that gives you the opportunity to sample all the benefits of being a golf member at Dalmahoy

#### 1 Month Individual Membership for just £99 1 Month Family Time Membership for just \*£189

\*Valid for 2 adults and children under 18 go free.

1 month membership includes:

- 7 day access to Championship East Course & Resort West Course
- Access to onsite practice facilities including complimentary 9 hole pitch 'n' putt course
- Heated indoor swimming pool with sauna and steam room
- State-of-the-art gymnasium
- Outdoor tennis courts
- Daily exercise classes (including spinning, body combat and Zumba)

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