

GYM Dalmeny is open to members and guests alike and has a fabulous range of modern facilities including a full aerobics timetable 7 days a week.

20 metre pool, Jacuzzi, Sauna, Aromatic Steam Room, Splash Pool, Sun shower

Full Equipment List:

- 4 Treadmills,
- 3 Rowing machines,
- 2 Cross trainers
- 2 Steppers,
- 3 Recumbent bikes,
- 2 Up right bikes

Free standing weights and spacious training and resistance areas  
 Three large flat screen, wall mounted plasma monitors  
 Wide variety of entertainment channels and radio, including SKY TV  
 Personal or surround sound (standard headphone sockets on all equipment)  
 Discrete to disco lighting throughout

Six Level 3 qualified personal fitness consultants

Aerobics occupy a purpose built air conditioned room with a sprung, wooden floor and 'full wall' progress mirror. 30 weekly classes, all led by fully qualified staff, include Aqua, Pilates, Studio cycling, Yoga as well as many others. Classes are adaptable for all levels of ability. The Aerobics timetable is subject to change as new classes are added and reviewed on a regular basis.

Weekly classes including Aqua, Aqua Therapy, Yoga, Pilates, Studio Cycling, Kids fitness, all types of aerobic workouts and many more

Squash Court

£3 per hourly session. Please book with Leisure Reception on 4028

Organized pool activities at weekends and school holidays

