

**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**

**Full Equipment List:**

**4 Treadmills,  
3 Rowing machines,  
2 Cross trainers  
2 Steppers,  
2 Recumbent bikes,  
3 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 (headphones available on equipment)  
Discrete to disco lighting throughout**

**Six qualified personal fitness consultants**

**Aerobics occupy a purpose built air conditioned room with a sprung, wooden floor and 'full wall' progress mirror. 32 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, Kids fitness, all types of aerobic workouts and many more**

**Squash court - It's free for members  
£3 pound for hotel guests and £5 for non-members**

**Organized pool activities at weekends and school holidays**

**Sun shower**

**Punch bags**

# GYM DALMENY TEAM



**Dave Burnett – Leisure Manager**  
**Tom Ryan – Leisure Supervisor**  
**Mary Livingstone - Leisure Supervisor**  
**Billie Rogan – Senior Receptionist**  
**Kieren Whatmough – Fitness instructor**  
**Judy Whittaker – Receptionist**

**Greg Littler – Fitness Instructor**  
**Gavin Beaton – Fitness Instructor**  
**Mara Skelly – Fitness Instructor**  
**Ben Whittaker – Leisure Attendant**  
**Danny Thompson – Leisure attendant**  
**Scott Cardle – Leisure Attendant**



tom ryan  
fitness consultant

mary livingstone  
fitness consultant

greg littler  
fitness consultant

mara skelly  
fitness consultant

## QUALIFICATIONS

11 gcse's a-c  
nvq 12 sport & recreation  
national pool lifeguard qualification  
a-level physical education  
a-level psychology  
first aid

## INTERESTS

football, basketball, golf, tennis, cricket,  
rugby, squash, fitness training, outdoor  
activities  
socialising, films, reading, socialising  
driving, relaxing

## BACKGROUND

always had interest in health and fitness  
from 10, local athletic and football  
school football cricket athletics  
started training local gym

## QUALIFICATIONS

9 gcse's  
register of exercise professional's level 2  
diploma in sports therapy  
diploma in health and fitness studies  
diploma in sports massage  
exercise to music  
national diploma in uniformed public  
services:  
o human behaviour  
o nutrition  
o team sports  
o law and the legal system  
o media  
o diversity  
o major incidents  
o international perspectives  
o out door activities  
o data interpretation  
national pool lifeguard qualification  
first aid trained

## HOBBIES

team sports  
out door activities  
travelling  
keeping fit and healthy  
socialising  
keeping busy

## QUALITIES

/I am able to work equally well as part  
of a team or leader. I am keen to learn  
and expand my knowledge.

## AIMS FOR THE FUTURE

to join one of the public services and  
reach my full potential.

## QUALIFICATIONS

9 gcse's  
register of exercise professional's level 2  
btec national diploma in sport  
btec national award in sport  
national pool lifeguard qualification  
first aid at work, sports first aid  
sports massage certificate  
student member of the society of sports  
therapists  
currently studying bsc sports therapy

## INTERESTS

badminton, football, weight training  
/circuit training, movies, fitness, reading

## BACKGROUND

i have been interested in the fitness  
industry for a long time especially in  
sports injury's. i originally wanted to  
pursue a career in physiotherapy but  
then found my current course and  
haven't looked back since!  
I originally played squash for a long  
period but after an elbow injury i had to  
give it up, although now i play  
badminton for a team in blackburn and  
my university. Being at university I have  
become very interested in mechanisms  
of injury and hopefully wish to do a  
masters degree in this area.

## AMBITIONS

continue gaining experience at the  
Dalmeny Hotel to continue sports first  
aid and learning at pitch side get a  
placement at sporting club/injury clinic  
complete my degree start and complete  
a masters degree

## QUALIFICATIONS

8 gcse's  
istd ballet associate member  
istd national associate member  
diploma stella mann school of dance  
gym instructor 12 ymca  
aerobic instructor 12 ymca  
aqua aerobic instructor 12 ymca  
modern pilates instructor

## HOBBIES

any outdoor activities  
most of my time spent with my two  
gorgeous boys kyle & jack

## BACKGROUND

trained as professional dancer and  
teacher of dance  
danced in japan, hong kong & europe  
before joining the cruise liners where i  
worked for seven years

## AIMS

dedicated to making classes as enjoyable  
and beneficial as i can constantly  
attending workshops & fitness events to  
update knowledge.

**HAVE A WONDERFUL WORK OUT**  
Mon-Thur 6.30am-10pm Fri: 6.30am-9pm  
Sat & Sun 7am-9pm  
t:01253 716010 e:leisure@dalmenyhotel.co.uk