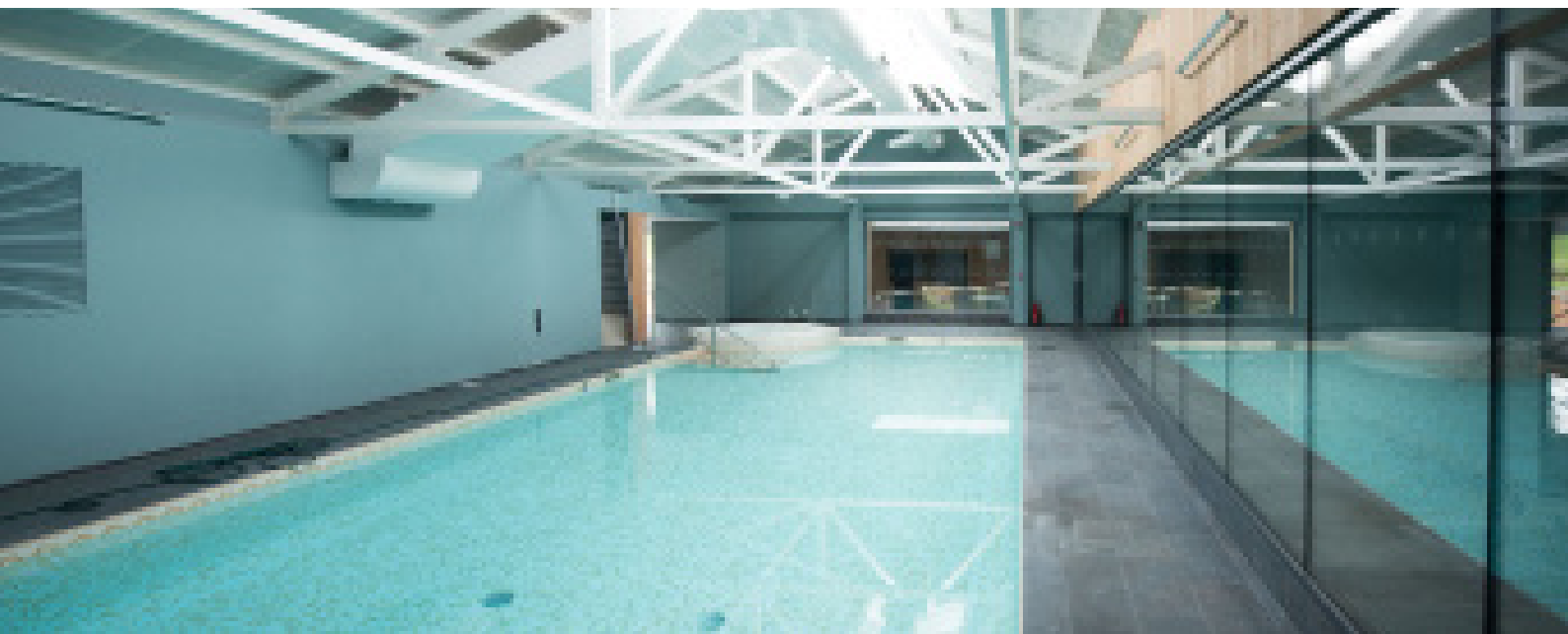




DOUNESIDE HEALTH CLUB

ROYAL DEESIDE



Welcome to the Health Club
at Douneside House

dounesidehouse.co.uk/the-health-club



DOUNESIDE HEALTH CLUB

ROYAL DEESIDE

You are invited to become an exclusive Health Club Member at Douneside House, the ultimate sanctuary for fitness & well-being in Aberdeenshire.

Reflecting the stunning surroundings of Douneside House, Aberdeenshire's renowned leading luxury country house hotel, The Health Club offers a range of excellent facilities.

These include a 12.5 metre swimming pool, sauna and steam room, state-of-the-art gymnasium, games room and all weather tennis court. In addition, there is an extensive range of fitness classes, all run by our team of fully qualified personal instructors.

We look forward to welcoming you to The Health Club. Should you wish to view the facilities or discuss membership please call our Health Club Team on 013398 81030.





The Gymnasium, Classes & Personal Training

State-of-the art Equipment in the gymnasium has been carefully selected to offer a wide range of benefits for ultimate well-being and includes:

- Treadmills
- Cross Trainers
- Spinning Bike
- Power Mill Climber
- Gym Balls
- Recumbent Bike
- Upright Bike
- Row GX Trainer
- Chest Press
- Lat Pulldown
- Shoulder Press
- Leg Extension
- Seated Leg Press
- Multi Adjustable Bench
- Dual Adjustable Pulley
- Free Weights

A range of fitness classes have been specially devised to ensure members and guests benefit both mentally and physically from their experiences.

The classes available are (but not limited to):

- Aqua Fit
- Keep Fit
- Gym Circuits
- Fitball
- 1 to 1 Swimming Lessons
- Cardio Kick
- Pilates
- FBX & Core
- Therapeutic Yoga
- Hatha Yoga
- Hatha Yoga

Platinum Membership holders can enjoy unlimited access to all classes.

All other Members can attend classes at £5 per class.

Yoga, Pilates, Cardio Kick and Kettlebell Core at £10 class.

1 to 1 swimming lessons from £25.

Personal Training

Health Club Membership will provide you with access to a wealth of health and fitness experts. Personal training with one of our qualified team of fitness professionals is available to all members who require dedicated one-on-one training or at £30/hour for non-members.

For further information on pricing and availability please contact our Health Club Team on 013398 81030.

All overnight guests of Douneside House enjoy full access to the Health Club and its classes at all times.



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Membership Packages

Platinum Membership

Each Platinum membership comes with a range of fantastic benefits* that include: 1 nights stay at Douneside House in a standard room with breakfast, 20% discount on food at Douneside House (max party of 4 and must be booked in advance), a personal training session

12 Month Membership: £540 (pre - paid) / £50 monthly | 6 Month Membership: £330

* Benefits vary for 6 and 12 month membership packages

Off-Peak Membership

Off-Peak membership holders may use our facilities from Monday to Friday from 9:00-17:00 | Saturday & Sunday 17:00-20:00

12 Month Membership: £420 (pre-paid) / £40 monthly

Senior Off-Peak Membership

Senior Off-Peak membership offers reduced rates to all members that are over the age of 60.

Use our facilities from Monday to Friday from 9:00-17:00 | Saturday & Sunday 17:00-20:00

12 Month Membership: £330 (pre-paid) / £30 monthly

Junior Membership

Junior membership offers reduced rates for all our members between the ages of 3 - 15.

Junior membership allows the member to use the facilities at any time. Identification required for proof of age.

12 Month Membership: £180 (pre-paid) / £18 monthly



Membership Packages

Young Adult Membership

Young adult membership offers reduced rates to all our members aged between 16-17. The membership allows members to use all the facilities including the fitness room at any time. Photographic identification required for proof of age.

12 Month Membership: £300 (pre-paid) / £30 monthly

Family Membership

This new family membership offers the chance for families to receive a reduced rate to use the Health Club facilities at any time. A family membership is based on any adult taking out a Platinum Membership. With this any children aged between 3-15 will be entitled to a junior membership with 20% discount.

12 Month Membership (discount): £144 per child

Pay As You Go Options

Monthly Adult Membership: £60

Monthly Young Adult Membership: (16 - 17) £30

Monthly Junior Membership: (3 - 15) £18

Gym session: £6

Tennis Session: £5

Fitness class: £10

Class Day Membership: Anybody having paid for a fitness class*
can use the rest of the facilities at a reduced rate of £5

*Excluding aqua aerobics



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pricing & benefits	platinum 12 months	platinum 6 months	off-peak 12 months
full prepayment	£540	£330	£420
daily / monthly payment	£50	£55	£40
access to pool, sauna, steam-room, state-of-the-art gym, games room & tennis court during membership hours	✓	✓	✓
one night at douneside house*	✓		
20% off food at douneside house	✓	✓	
personal training session	✓	✓	✓
health and fitness assessment	✓	✓	✓
complimentary range of classes	✓	✓	
10% discount on annual fee for up-front payment	✓		

For full details on all of our membership packages please call 013398 81030.



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senior off-peak 12 months	junior 12 months	young adult 12 months membership	family 12 months	payg
£330	£180	£300	£144	
£27.50	£15	£25	£12	£8 per adult swim session £6 per child 3-15yrs swim session £6 per person gym session £5 per person tennis session
✓	✓**	✓	✓**	
✓	✓	✓	✓	

* Complimentary stay is subject to availability, bookable Sunday - Thursday only, exclusion dates may apply.

**Under 16's are not permitted to use the gym, under 13's are not permitted to use the Steam room or Sauna and children aged between 5 and 12 must be accompanied by an adult when using the Spa Pool.



DOUNESIDE HEALTH CLUB

ROYAL DEESIDE



Opening Hours

07:00 - 21:00 Monday - Friday

0800 - 2000 Saturday & Sunday

Contact

The Health Club at Douneside House

Douneside House, Tarland, Aberdeenshire, AB34 4UL

Healthclub@dounesidehouse.co.uk, 01339 881030