



DOUNESIDE HEALTH CLUB

ROYAL DEESIDE



Welcome to the Health Club
at Douneside House

dounesidehouse.co.uk/the-health-club



DOUNESIDE HEALTH CLUB

ROYAL DEESIDE

The Health Club at Douneside House, an award winning country house hotel in Aberdeenshire.

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, 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 to discuss our membership options, 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
- Recumbent Bike
- Shoulder Press
- Dual Adjustable Pulley
- Cross Trainers
- Upright Bike
- Leg Extension
- Multi Adjustable Bench
- Spinning Bike
- Row GX Trainer
- Seated Leg Press
- Preacher Bench
- Power Mill Climber
- Chest Press
- Free Weights
- Aerobic Steps
- Gym Balls
- Lat Pulldown
- Fitness Mats

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

Platinum Membership holders can enjoy unlimited access to all classes.

Personal Training

All memberships include one complimentary personal training session, which includes a personal plan to help you achieve your fitness goals.

Additional personal training sessions are available at £45 per hour.

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.



DOUNESIDE HEALTH CLUB
ROYAL DEESIDE

Membership Packages

Platinum Membership

Each Platinum membership comes with a range of fantastic benefits* that include: two course lunch for two at Douneside House, 20% discount on food at Douneside House (max party of 4 and must be booked in advance), a personal training session

12 Month Membership: £648 (pre - paid) / £60 Monthly | 6 Month Membership: £400 (pre - paid) / £70 Monthly

* 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 8:00-17:00 | Saturday & Sunday 17:00-20:00

12 Month Membership: £520 (pre-paid) / £50 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 8:00-17:00 | Saturday & Sunday 17:00-20:00

12 Month Membership: £410 (pre-paid) / £38 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: £260 (pre-paid) / £25 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: £420 (pre-paid) / £40 monthly

Family Membership

Families receive a reduced rate to use the Health Club facilities at any time. Children aged between 3-15 are eligible for family membership rates when an adult has a platinum membership.

12 Month Membership (discount): £215 per child (pre-paid) / £24 Monthly

Pay As You Go Options

Monthly Adult Membership: £74

Monthly Young Adult Membership: (16 - 17) £40

Monthly Junior Membership: (3 - 15) £28

Day Pass: (Adult - 16 yrs+) £12

Day Pass: (Junior 3-15 yrs) £7

Class Pass: £15

Personal Trainer Session: £45 per hour

Swimming Lesson 1 to 1: £40 (45 mins), £32 (30 mins)



DOUNESIDE HEALTH CLUB

ROYAL DEESIDE

pricing & benefits	platinum 12 months	platinum 6 months	off-peak 12 months
full prepayment	£648	£400	£520
daily / monthly payment	£60	£70	£50
access to pool, sauna, steam-room, state-of-the-art gym, tennis court during membership hours	✓	✓	✓
two course lunch for two at douneside house*	✓		
20% off food at douneside house	✓	✓	
personal training session	✓	✓	✓
health and fitness assessment	✓	✓	✓
complimentary range of classes	✓	✓	

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



DOUNESIDE HEALTH CLUB
ROYAL DEESIDE

senior off-peak 12 months	junior 12 months	young adult 12 months membership	family 12 months	payg
£410	£260	£420	£215	
£38	£25	£40	£24	£12 Day Pass Adult £7 Day Pass (3-15yrs) £15 Class Pass £40 1 to 1 Swimming Session £45 Personal Trainer Session
✓	✓**	✓	✓**	
✓				
✓				

* Complimentary lunch is subject to availability, bookable Monday - Friday 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 - 20:00 Monday - Friday

0800 - 2000 Saturday - Sunday

Contact

The Health Club at Douneside House

Douneside House, Tarland, Aberdeenshire, AB34 4UL

healthclub@dounesidehouse.co.uk | 013398 81030 | dounesidehouse.co.uk/the-health-club