

# Welcome to the Dunkeld Health Club & Spa

You have chosen to join a health club with a difference. It's easy to improve your fitness when you're relaxed and having fun, with our wide range of facilities and benefits:

- Located within a 280 acre Estate on the banks of the River Tay, with stunning views across Craigvinean Forest
  - Fully air-conditioned gym
  - 17m heated indoor swimming pool, steam room, sauna, spa bath and beauty facilities
  - Aqua classes, gym classes, putting green, tennis courts, mountain bike routes and Estate walks
- Complimentary towel, toiletries and hairdryers to make your visit hassle free
  - Free parking
- Extensive range of outdoor activities at Dunkeld Park. Also available: Clay pigeon shooting, archery, air rifle and Land Rover Experience. (additional charges apply for these activities)

## Health Club & Spa Membership Benefits

**40% discount** on selected land rover experience/quad trekking activities.

**20% discount** on beauty and spa treatments.

**10% discount** on hotel food and beverage.

# Your Personalised Fitness Plan

We're here to help you find the perfect balance between your fitness and your lifestyle. With our personalised fitness promise, we'll guide you through our unique, tailored three-step process that will help you fit exercise, nutrition and relaxation into your lifestyle in a realistic and enjoyable way, so you get the most out of life – and the best value out of your membership.

## **Step 1: Your One-to-one**

We believe that the first step in achieving great results is to work out what's right for you, and what you enjoy best. That's why your Personalised Fitness Plan begins with an individual session with one of our friendly fitness coaches. By getting to know you, we can advise you on the best ways to achieve your fitness, weight-loss or relaxation goals.

We'll talk about your goals, lifestyle, health, eating habits and ideal exercise.

## **Step 2: Your Personalised Fitness Plan**

With the information from your one-to-one, we'll create a Personalised Fitness Plan especially for you – a plan specifically designed to make you happier and healthier.

Your plan is broken down into manageable, realistic steps, to keep you motivated and on target. We'll make sure it's achievable and fits into your lifestyle. And because it will focus on exercise you enjoy doing, spending time at the club will be fun.

## **Step 3: Regular Plan Refreshers**

As you progress, you'll become fitter, stronger and healthier. You'll achieve your original goals, and you'll need to evolve your training programme. We'll meet with you on an ongoing basis every four to six weeks to refresh your Personalised Fitness Plan.

In your plan refresher, we'll review your achievements, update your goals, make any adjustments to help keep you motivated, and make sure you're exercising correctly and getting the most out of each session. Most importantly, we'll make sure you're enjoying your time at The Health Club and Spa. If you haven't booked your Personalised Fitness One-to-One with a fitness coach yet, please call us today to make your appointment.

# Opening Hours & Contacts

## **Monday – Friday:**

7.00am – 9.30pm

## **Saturday & Sunday:**

7.30am – 9.00pm

# Children's Swimming Times

7.30am – 11.30am

4.00pm – 7.00pm

**Health Club:** 01350 728 372

[leisure@dunkeldhousehotel.co.uk](mailto:leisure@dunkeldhousehotel.co.uk)

[www.dunkeldhousehotel.co.uk](http://www.dunkeldhousehotel.co.uk)

Three guest passes are available to every new member who joins valid for one year! Plus an extra two to use within first six weeks of membership!

There is also the option to purchase a day pass at £12 for non members.

*\*Terms and conditions apply. Subject to availability and subject to change without notice.*

# Class Timetable

## **Monday:**

HIIT Cardio 6.30pm – 7.15pm  
Full Body Circuits 7.30pm – 8.30pm

## **Tuesday:**

Bums and Tums 9.15am – 10.00am  
Aquafit 10.30am – 11.15am

## **Wednesday:**

Weight Training Circuit 6.30pm – 7.15pm  
Aquafit 7.30pm – 8.15pm

## **Thursday:**

Aquafit 10.30am – 11.15am

## **Friday:**

Form Circuits 9.30am – 10.30am  
HIIT Cardio 10.15am – 11.00am

\*Limited spaces available. Please book in advanced in order to confirm your place

---

To book your space phone **01350 728 372**

# Membership Tariff

Valid from 1<sup>st</sup> April 2020

	<b>Monthly Dues</b> (12 month contract)	<b>Monthly Dues</b> (6 month contract)	<b>Annual Payment</b> (includes 5% discount)
<b>Full Individual</b> Full membership for one person	£51.98	£57.29	£591.98
<b>Daytime Individual</b> Monday to Friday 7am – 5pm	£41.38	£46.68	£472.10
<b>Corporate</b> Public sector or 5 or more employees from any one company	£36.39	N/A	£414.83
<b>Student Membership / Junior Adult</b> Applicable 16 – 17 years only	£31.83	£37.13	£387.23
<b>Junior</b> Applicable 3 – 15 years only with an adult membership	£10.61	£12.73	£120.94
<b>Family</b> Full membership for two adults and two juniors	£105.03	N/A	£1,197.76
<b>Couples</b> Full membership for two adults	£90.18	N/A	£1,028.01

\*£25 admin fee applies

# Contact Details

**01350 728372**

leisure@dunkeldhousehotel.co.uk

## **Guest Fees**

£12 per adult per visit £6 per child per visit

## **Club Opening Times**

Mon – Fri: 7.00am – 9.30pm

Sat & Sun: 7.30am – 9.00pm

## **Daytime Hours**

Mon – Fri: 7.00am – 5.00pm

*\*Last entry 30 minutes before this time*

## **Adult only Hours**

Mon – Fri 11.30am -4.00pm, 7.00pm – 9.30pm

Sat – Sun 11.30am – 4.00pm, 7.00pm – 9.00pm

## The Health Club & Spa offers two payment methods

### **Paying monthly via direct debit**

Monthly dues will be debited from your account on the last working day of each month. (Please note that if a direct debit is rejected on two or more occasions, an administration fee of £15.00 will be added to the account).

### **Paying in advance**

Refunds are not given once an annual payment has been made.

A 5% discount is included in annual membership.

### **Suspension of Membership**

You can suspend a membership for a minimum of 2 months to a maximum of 6 months. Written application is required to suspend your membership. (see terms and conditions)

Annual members and those in the Initial Term Period, will have their renewal/contract date extended.

The additional total amount payable under the monthly tariff represents the interest charged for the Direct Debit facility.