



## HEALTH CLUB MEMBERSHIPS

GYM. CLASSES. POOL. JACUZZI. SAUNA & STEAM ROOM.

### INDIVIDUAL (16 +)

£50 P/M

### JOINT (16 +)

£90 P/M

### INDIVIDUAL SENIOR (65 +) / STUDENT

£45 P/M

### FAMILY OF FOUR (2 ADULTS, 2 CHILDREN 5-15)

£125 P/M

### CHILD MEMBERSHIP (5-15)

£25 P/M

### DALMENY ROLLING (PAY AS YOU GO)

£60 P/M

> Please note towels are not included with a DHC membership. Towels can be rented at the cost of £2.00 per towel.

> Students must provide valid student card with expiry date.

> Child memberships must be linked to 18+ member.

### 12 MONTH MEMBERSHIPS

GET 10%  
OFF

INDIVIDUAL MEMBERSHIP (16+) £540

JOINT MEMBERSHIP (16+) £972

FAMILY OF FOUR (2 ADULTS, 2 CHILDREN 5-15) £1350

SENIOR (65+) / STUDENT MEMBERSHIP £486

CHILD MEMBERSHIP (5-15) £270

Start your fitness journey today!

### Sign up now

- > Dalmeny Health Club
- > 19-33 South Promenade
- Lytham St. Annes
- > [dalmenyhotel.co.uk](http://dalmenyhotel.co.uk)
- > 01253 716010
- > [leisure@dalmenyhotel.co.uk](mailto:leisure@dalmenyhotel.co.uk)

### MEMBERSHIP PERKS

- > Complimentary group exercise classes
- > 10% Discount off food & beverage in the hotel
- > 10% Discount off spa treatments at Dalmeny Spa
- > £5 Discount off Leisure Pass fee for a guest you bring
- > Receive £1 deducted from your monthly membership every time you refer a member

**TERMS & CONDITIONS APPLY**

# D>H>C

## HEALTH CLUB INFORMATION

GYM. CLASSES. POOL. JACUZZI. SAUNA & STEAM ROOM.

### OPENING TIMES

Mon - Fri: 06:30 - 21:00

Sat - Sun: 07:30 - 21:00

> Please note last entry is at 20:00, members and guest must vacate pool facilities at 20:30.

Not a member? not a problem!

Try our *Leisure Pass* - allowing full acces to the gym and pool facilities.

(*Excludes Exercise Classes*)

### LEISURE PASS FEE

Adult (16+) £15

Child (5-15) £10

Family of Four (2 Adults, 2 Children 5-15) £40

> Please note towels are not included with a *Leisure Pass*, towels can be rented at the cost of £2 per towel.

NON - MEMBER EXERCISE CLASS FEE £8 PP

**Relaxing Spa  
Treatments  
DALMENY SPA**

*Open daily from 9:00am to 5:00pm*

Enjoy a wide range of treatments at Dalmeny Spa, including our luxurious GAIA Spa therapies – there's something for everyone.

Browse our full treatment menu online and call us or book online.

We also offer a selection of *Spa Day Packages*, perfect for treating yourself or someone special.

**Contact us today!**

Dalmeny Health Club  
01253 716010  
[leisure@dalmenyhotel.co.uk](mailto:leisure@dalmenyhotel.co.uk)

[dalmenyhotel.co.uk](http://dalmenyhotel.co.uk)