



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
- > 01253 716010
- > 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 access 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

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