

Craiglockhart Leisure Centre gym closing for refurbishment

✘ The doors to Edinburgh Leisure's popular gym at Craiglockhart Leisure Centre will temporarily close on Sunday, 29 November 2015 for refurbishment. By the end of 2015, Edinburgh Leisure will have invested £1m in top of the range fitness equipment in five of their fifteen gyms.

The gym is due to close at 6pm on Sunday 29 November and will re-open at 6.30am on Monday 21 December. Other parts of the leisure centre will remain open during this time, including the fitness studios with a full fitness programme on offer as normal, the Tennis Centre, squash courts and the cycle studio.

The refurbishment will include new flooring, painting, wall graphics, and all new top spec cardio (CV) and resistance equipment, which will include a new SYNRGY360 station for gym based group exercise classes, the first time that this has been installed at any of the Edinburgh Leisure sites.

Edinburgh Leisure Fitness Manager, David McLean said: "As a not-for-profit organisation, we are constantly reinvesting in our sites to ensure that our customers have a welcoming environment in which to work out and also the latest equipment for our customers to stay active with.

"The SYNRGY360 is a ground-breaking group training system designed to create memorable experiences for all exercisers and we'll be launching group circuit classes training using this equipment in the New Year."

Located between Craiglockhart Hill and Colinton Road, Craiglockhart Leisure Centre enjoys beautiful views across Craiglockhart Pond over the west of the city to the castle.

The Leisure Centre boasts a spacious gym with over 70 pieces

of kit, fitness studios, squash courts and a multipurpose sports hall.

The Tennis Centre (just two minutes' walk away) offers [Junior](#) and [Adult](#) courses in a fantastic tennis facility with indoor and outdoor courts, as well as a cycling studio and café.

During the period of time that the gym is close, customers can use any of the other sites. The closest gyms are Warrender Swim Centre and Gracemount Leisure Centre.

Further information is available on www.edinburghleisure.co.uk. Follow Edinburgh Leisure on Facebook (EdinburghLeisure) and Twitter (@Ed_Leisure).