

Get fit like never before this summer

The summer is now really here, all the Edinburgh festivals are just about to start with the Edinburgh Jazz and Blues Festival this week and the Olympics round the corner. You will need lots of energy to get through a summer in Edinburgh and Edinburgh Leisure believe they have the answer to keep up your energy levels and enjoy your fittest summer ever.



Edinburgh Leisure has launched its 'Summer Pass', so that during this summer of sport, everyone can keep active and healthy throughout the heady days of the summer.

The 'Summer Pass' offers unlimited access to the city's 14 gyms, 9 swimming pools, over 700 Fitness Classes, saunas, steam rooms, Turkish Baths and climbing at the EICA until 31 August for £59 only, plus 25% off lots of other activities including golf and racquet sports.

A 'Junior Summer Pass' costs £39 for Under 18's and juniors get access to racquet sports and golf for this price, on a turn up and play basis before 4 pm, Monday to Friday. Booking in advance is not possible. The Junior Pass will expire on 21 August 2016.

Catherine Wilson, Marketing Officer at Edinburgh Leisure, said: "Anyone lucky enough to be in Edinburgh for the festival knows it is always a fantastic atmosphere, and it takes energy to take in so many shows and party into the small hours.

"And during the year of the Rio Olympics, we're inviting festival-goers and workers, visitors to the city and juniors to be inspired and keep their energy levels high by keeping fit and active throughout the summer.

“Classes like Zumba or Sh’bam are brilliant fun and a great way to get you in the mood to party, while a workout at the gym will boost your energy for the night ahead. We’ve also got some quick hit X-press gym classes, which used high intensity training (HIT) methods with explosive bursts of speed and activity to achieve a total workout in a short period of time, as 30 minutes. And if you have really overdone it, you can spend the morning chilling out with a swim and sauna, or even the Turkish Baths at Portobello.”

For further information simply pop into any Edinburgh Leisure venue across the city or visit www.edinburghleisure.co.uk