

# Edinburgh Leisure will help you stay fit for life

Edinburgh Leisure say that if your new year's resolutions of getting fit never materialised, it's not too late to get started. Instead of wishing and wanting, start doing and resolve to get fit for life, not just for the summer.

Their new membership offer could be just the promotion to help you get started. With 30 venues across the capital, their May promotion will give new members a month free, when they join before the end of May 2017.



New members joining between 28 April and 31 May 2017, will get June free.\* Edinburgh Leisure is also running a 'refer a friend' offer for existing members. If a member refers a friend and they sign up during the time of the offer, the member will get £30 cash back (£20 cash back in they are members of Jack Kane, Queensferry or Kirkliston).

With 1 world class climbing centre, 6 golf courses, 7 saunas, 10 swimming pools, 15 state of the art gyms and 700+ fitness classes per week across the various centres, Edinburgh Leisure is the biggest club in town, with something for everyone to enjoy moving and getting fitter.

David McLean, Fitness Manager at Edinburgh Leisure said: "Past research carried out by Edinburgh Leisure has revealed that those who attend regularly in the first two months of membership are significantly more likely to sustain the

fitness habit.

“And rather than focusing on getting fit for the summer, why not make a pact with yourself to get fit for life. Our helpful Edinburgh Leisure staff will be on hand to offer new members support and advice to help you enjoy increased physical activity in the long term and work out a programme that’s achievable, whatever your goal.”

For further information visit [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)