

# Edinburgh Leisure help you to get fit this summer


Edinburgh's festivals are about to begin, but with Edinburgh Leisure festivalgoers and those who work in the city can keep up their energy levels and enjoy their fittest summer ever.

Edinburgh Leisure has launched its 'Summer Pass', with everything you need for a sport filled summer, with something for everyone to keep active and healthy throughout the heady days of the festivals.



The 'Summer Pass' goes on sale today Friday, 30 June 2017 and it offers unlimited access to the city's 15 gyms, 10 swimming pools, over 700 Fitness Classes, saunas, steam rooms, Turkish Baths and climbing at the EICA for £59 only, plus 25% off lots of other activities including golf and racquet sports.

The pass lasts six weeks from the date of purchase, with the last day a customer can purchase a pass being 31 August 2017.

 A 'Junior Summer Pass' is also available and 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 20 August 2017. (The price will be pro-rata after 30 June).

James Stockton, Sales Manager at Edinburgh Leisure, said: "Anyone lucky enough to be in Edinburgh for the summer with its various festivals knows it is always a fantastic atmosphere, and it takes energy to take in so many shows and party into the small hours.

"We're inviting festivalgoers 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](http://www.edinburghleisure.co.uk)