

# Get fit for life, not just for summer

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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.

Edinburgh Leisure's 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 2019.

New members joining between 1 and 31 May 2019, will get June free. The deal is available online and in venue. Members joining by 31 May 2019, will pay the balance of that month and a joining fee, receive their June membership for free and their first direct debit will be taken in 1 July 2019.

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 if they are members of Jack Kane, Queensferry or Kirkliston). This deal is only available in venue.

With 1 world class climbing centre, 6 golf courses, 8 saunas and 4 steam rooms, 10 swimming pools, 13 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)