



Edinburgh Leisure

If you want to find your nearest gym, swimming pool, tennis coach or golf club, then a visit to Edinburgh Leisure's website should be your first exercise. As the city's biggest leisure provider Edinburgh Leisure is also perfectly positioned to offer tailor made packages to assist organisations in achieving a healthier workforce.

With access to a comprehensive range of facilities across the city and partnerships with many other health-related organisations as well as staff qualified to advise on exercise, nutrition, healthy lifestyles and relaxation, Edinburgh Leisure can offer everything from fitness taster sessions in activities such as yoga and aerobics to complete wellness packages.

Corporate Fitness Membership

Corporate fitness membership provides unlimited access to any of Edinburgh Leisure's gyms, swimming pools, and fitness classes and is an ideal way for staff to maintain an active, healthy lifestyle.

- Unlimited access to 15 gyms across the city
- Unlimited access to 11 swimming pools
- A choice of over 450 fitness classes each week
- Discounts on other Edinburgh Leisure activities such as racquet sports and golf.

Health Checks

Fully qualified instructors are available to visit a company's work place and assess individual employee's health and fitness levels. Tailor-made health checks can include blood pressure tests, body fat analysis and fitness tests.

Corporate 5-a-side

Whether it's for fun or to be truly competitive, 5-a-side football is always a popular leisure activity. With some of the finest 5-a-side facilities in the city, companies can take advantage of Edinburgh Leisure's superb pitches for tournaments or league matches.

Team building days

What better way to improve staff relationships and motivation than a teambuilding event? Events can be combined with meetings or training days by using available conference facilities. Activities can include golf at one of six golf courses, water sports at the fabulous Port Edgar Marina, a range of fitness classes, climbing or a whole range of racquet and team sports.

SHAW advice

Scotland's Health at Work awards is a framework to help employers build policies that focus on improving the physical and mental wellbeing of their employees. The awards can apply to organisations of any size within any industry. By taking part in the award, an organisation can introduce its staff to improved personal health and then measure the organisation's performance as a responsible employer. Edinburgh Leisure can offer a range of services to help organisations achieve a SHAW award.

For more information on any of the ways Edinburgh Leisure can help your organisation, contact:

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Edinburgh Leisure

Managing leisure and recreation facilities for the City of Edinburgh Council