

## From mountain to sea

We have numerous partnerships set up with local gym and fitness centres across the Shire region, below is a list set out by location:

### ABERDEEN

Provider:	Membership Rates:	Discount & Employee Rates:	Services:
<b>Aberdeen Sports Village</b> <a href="http://www.aberdeensportsvillage.com">www.aberdeensportsvillage.com</a>	Lifestyle Memberships  1) Peak Membership £46 p/m  2) Peak Annual £496.80  3) Off Peak Membership £32 p/m  4) Off Peak Annual £345.60	1) £36.80  2) £397.44  3) £25.60  4) £276.48	A free personal trainer induction reviewed every 6 weeks  Access to our gym, group exercise classes, aquatics, athletics and squash facilities  Lifestyle assessments and nutritional advice  Individual and group training
<b>Banks O'Dee (Aberdeen)</b> <a href="http://www.banksodee.co.uk">www.banksodee.co.uk</a>	£37.99 p/m	£31.99 p/m	Full membership
<b>Nuffield Health (Aberdeen + club groups)</b> <a href="http://www.nuffieldhealth.com">www.nuffieldhealth.com</a>	£70 p/m (1 month contract) £60 p/m (12 month contract)	£63 p/m  £54 p/m	Fitness Membership, Health MOT, gym, classes, swimming, 20% off physiotherapy
<b>7 Health &amp; Fitness</b> (Previously Livingwell @ Double Tree, Aberdeen) <a href="http://www.7healthandfitness.co.uk">www.7healthandfitness.co.uk</a>	£50 p/m	£35 p/m <u>or</u> Block payment Pay 6 month - £199.50 Pay 12 month - £399	Gym, pool fitness classes & personalised fitness plans  *Discounted rate for partner
<b>Altens Hotel Health Club (Aberdeen + hotel groups)</b> <a href="http://www.aberdeenaltenshotel.co.uk">www.aberdeenaltenshotel.co.uk</a>	£46 p/m	£38 p/m	Gym, swimming & classes, free training programme. Other 20% off benefits within hotel
<b>Sport Aberdeen</b> <a href="http://www.sportaberdeen.co.uk">www.sportaberdeen.co.uk</a>	Get Active (GA) 1 - swim - £20 Get Active 2 - fitness + GA1 - £25 Get Active 3 - skate + GA2 - £28 Get Active 4 - racquets + GA3 - £30 Get Active 5 - golf + GA4 - £35	GA 1 - £18 GA 2 - £21 GA 3 - £24 GA 4 - £26 GA 5 - £28	All Sport Aberdeen venues

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### ABERDEEN CONTINUED

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<b>Aberdeen Sports Village</b> <a href="http://www.aberdeensportsvillage.com">www.aberdeensportsvillage.com</a>	Lifestyle Memberships  1) Peak Monthly (Direct Debit) £46 2) Peak Annual £496.80 3) Off Peak Monthly (Direct Debit) £32 4) Off Peak Annual £345.60	1) £36.80 2) £397.44 3) £25.60 4) £276.48	A free personal trainer induction reviewed every 6 weeks  Access to our gym, group exercise classes, aquatics, athletics and squash facilities  Lifestyle assessments and nutritional advice  Individual and group training
<b>Banks O'Dee</b> <a href="http://www.banksodee.co.uk">www.banksodee.co.uk</a>	£37.99 p/m	£31.99 p/m	Full membership

### BANCHORY

Provider:	Membership Rates:	Discount & Employee Rates:	Services:
The Unit	12 month membership Annual £480 (£40 per month) plus £25 joining fee  12 month, monthly membership £40 per month plus £25 joining fee	12 month annual membership £420  12 month monthly membership £35 p/m  No joining fee	Membership includes use of the gym and classes run by The Unit (Spin, HIIT, Circuits and Strength)

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### LAURENCEKIRK

Provider:	Membership Rates:	Discount & Employee Rates:	Services:
Mearns Fitness <a href="http://www.mearns.fitness/">www.mearns.fitness/</a>	Gym memberships vary from £28-£50 p/m, Crossfit memberships vary from £38-£55 p/m. Gym & Crossfit combined £65 p/m.	Employees get 12.5% discount or pre-paid, 12 months for price of 10.	Gym, Crossfit & Classes.

### NEWMACHAR

Provider:	Membership Rates:	Discount & Employee Rates:	Services:
The Axis Centre <a href="http://www.theaxiscentre.co.uk">www.theaxiscentre.co.uk</a>	Gym Membership £30 p/m Class Membership £35 p/m Gym & Class Membership £45 p/m		Gym suite containing CV equipment and resistance machines, free weights & Olympic bar.

### PETERHEAD

Provider:	Membership Rates:	Discount & Employee Rates:	Services:
<b>Waterside Hotel</b> (Peterhead) <a href="http://www.britanniahotels.com">www.britanniahotels.com</a>	£330 annual	£199 annual	Swimming pool, steam room, jacuzzi, gym and classes + children free
<b>Infinity Gym</b> (Peterhead) <a href="http://www.infinitygym.co.uk">www.infinitygym.co.uk</a>	£38 p/m - Full Access gym £48 p/m - Gym and classes	£34.20 p/m £43.20 p/m	Full access to gym (peak and off peak) Unlimited access to classes + 10% off upfront payments 6 & 12 months