

The Fountain Spa Fitness & Wellbeing Centre Services & Facilities

Gym: Our air conditioned Gym complete with world class Star Trac equipment allows for comfortable exercise, whatever your goals. With hands on assistance when required from fully qualified staff there will be no limitations to what can be achieved.

Pool: Our 17 metre Swimming Pool complete with a designated "Toddlers" Pool is a tremendous sanctuary to escape from the strains of every day life. The perfect place for relaxation or exercise. Whether your passion is lane swimming or a leisurely paddle your needs can be met here.

Classes: Our diverse Timetable will get everyone going. If it's your first ever class or you're a seasoned attendee the fun element should always be present. At The Fountain Spa our classes are structured to cater to all abilities and tastes. Spinning, Body Pump, Body Combat – the list goes on.

Sauna & Steam: Relax and unwind as your body releases the stresses of the day. At The Fountain Spa you can move freely between wet heat and dry, ensuring the complete relief you deserve.

Health MOT: Our Health MOT gives you an in-depth insight to your current health status. Throughout the assessment the focus is on you and what we can do to improve your health. A variety of tests including Cholesterol and Glucose ends with a comprehensive report that can be reviewed and updated regularly throughout your Membership.



*The Fountain Spa Fitness & Wellbeing Centre, Best Western Balgeddie House Hotel,
Balgeddie Way, Glenrothes, Fife, KY6 3ET
Tel 01592 742 727 email: info@fountain-spa.com web address: www.fountain-spa.com*

The Fountain Spa Fitness & Wellbeing Centre

The Fitness Suite

Our fully equipped, air conditioned Fitness Suite allows for comfortable exercise whatever your goals are. With our comprehensive Health MOT and induction teamed with the guidance from Nuffields Wellbeing advisors, there should be no limitations to what can be achieved. So if it's calories you're wishing to burn or muscles you're wishing to tone, our 21 piece Star Trac gym provides the ideal environment.

The Nuffield Wellbeing Advisors will use the information from the Health MOT to develop an appropriate Fitness Programme specifically for you.

Our Wellbeing Advisors will always be on hand to discuss programme issues and perform reviews on a regular basis. This will ensure that programmes are refreshed and take into account goals that have been achieved or periods of inactivity.

***The Nuffield Health MOT takes health & lifestyle assessment & fitness programming to a whole new level and includes:**

- Health & Lifestyle questionnaire that explores past and current health status
- Body Mass Index
- Blood Pressure
- Polar 'Own Index' VO2
- Resting Heart Rate
- Blood Glucose
- Total Blood Cholesterol



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The Fountain Spa

Fitness & Wellbeing Centre

Group Exercise

We operate a diverse programme of Group Exercise classes, with a full timetable of class options each week. All Instructors have been selected for their expertise in teaching a particular style of class with passion and flair. All our classes are structured to cater for all abilities, so whether it's your first class or you're a regular class attendee, you know you will fit straight in.

Our purpose built studio is fitted with a high quality sound system, is air conditioned and has a wooden sprung floor. This creates a pleasant and safe environment that allows Members to enjoy and benefit from our instructor-led classes.

We operate a class booking system that allows Members to book classes 6 days in advance. This can either be done at Reception or over the phone. All Members

should arrive in plenty time for their classes and are advised to bring a bottle of water to remain hydrated.



***Please check our current class timetable for class descriptions and class start times.**



The Fountain Spa Fitness & Wellbeing Centre

Wet-Side Facilities

The Fountain Spa Fitness & Wellbeing Centre boasts a fantastic range of Wet-side facilities that include a 17 metre Swimming Pool, designated Toddlers' Pool, Sauna and Steam Room. This part of the Centre provides the ideal escape from everyday hustle and bustle.

At a constant depth of 1.2m our Pool is ideal for relaxation and recreation and gives a great platform for Aqua Aerobic classes.

To get away from it all we have both a Sauna and a Steam Room designed to give escapism from everyday life. Offering both Wet and Dry heat the end of your day could be best spent here.

Rules and Guidelines apply.

- Children under 14 are not permitted to use the swimming pool unless supervised by an adult
- Children under 8 years must be supervised on a 1:2 basis
- Children under 5 years must be supervised on a 1:1 basis

