

# Welcome to Oasis Leisure Club & Spa

Oasis Leisure Club & Spa is one of Edinburgh's leading Leisure Clubs. Our Club offers a unique blend of main line services with a relaxed and friendly atmosphere.

Our professional staff help to create a unique Leisure Club experience that allows for Members to relax and get the most out of their leisure time. Whether your aims are social, fitness, health related or simply

- ❖ Enjoy a splash in our pool
- ❖ Be inspired in our fitness classes
- ❖ Get energised in our fitness suite
- ❖ Hit a few aces on our tennis court
- ❖ Pamper yourself in our health spa
- ❖ Rejuvenate in our steam room
- ❖ Relax in our sauna
- ❖ Unwind in our bubbling spa bath
- ❖ Dine with friends in our bar & bistro



Oasis Leisure Club & Spa, Kings Manor Hotel,  
100 Milton Road East, Edinburgh, EH15 2NP  
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✉ fountain@kingsmanor.com | oasisleisurespa.co.uk

## Membership Prices 2026

Monthly Fees (3 month minimum term)

Full Access Single	£62.50
Full Access Joint	£112.50
Full Access Hours	
Monday to Friday	6:30 am - 9:30 pm
Saturday & Sunday	8:00 am - 7:00 pm
Off Peak Single	£53.00
Off Peak Joint	£95.40
Off Peak Hours	
Monday to Friday	9:00 am - 5:00 pm
Saturday & Sunday	1:00 pm - 7:00 pm
Child Single	£18.00
Child Joint	£20.00
Child Access Hours	
Monday to Thursday	9:00 am - 7:00 pm
Friday	8:00 am - 8:00 pm
Saturday & Sunday	All day

Child Access - No Gym or Studio use

Note: A Child Membership is an "add on". It can only be purchased and used with an active Adult Membership.

Please note that we also offer a Discounted Annual Membership. Discount is also available for employees of the emergency services.

Leisure Member Discount - Kings Manor Hotel

A 10% reduction is available to Members in our restaurant, bistro, and bar.



## Fitness Suite

Oasis Leisure Club & Spa has a fully equipped Fitness Suite complete with Cardiovascular and Resistance equipment. Fully air conditioned, our Fitness Suite allows for enjoyable and rewarding workouts.

<b>Rowers</b>	<b>Bikes</b>
<b>Treadmills</b>	<b>Stretch Area</b>
<b>Arc Trainers</b>	<b>Fixed Weights</b>
<b>Free Weights</b>	<b>Bravo Machine</b>
<b>Versa Climber</b>	

Begin your journey to a healthier you with a consultation with one of our Instructors. This appointment will provide the information to best prepare a prescribed routine to get the most from your membership.

A regular review of your goals achieved and those yet to be met will ensure that your activity remains effective and enjoyable.

Instructors will continually be on hand to ensure safe and effective exercise.

## Tennis Court

Our all weather hard court is the ideal place to show your tennis skills.



## Poolside

The Club boasts a fantastic range of poolside facilities that include a 20-metre Swimming Pool, Bubbling Spa Bath, Toddler's Pool, Sauna and a Steam Room.

Complemented with various relaxation areas, this part of the Leisure Club provides the ideal escape from everyday life.

Individual use lanes are available for swimming and exercise. Swimmers can relax in the knowledge that the depth of the pool is a constant 1.2 metres.



## Use of the Pool Area

Children under the age of 15 years must be supervised at all times. Ratio, 1 adult : 2 children.

<b>Child Access Hours</b>	
Monday to Thursday	9:00 am - 7:00 pm
Friday	8:00 am - 8:00 pm
Saturday & Sunday	All day

## Complementary Therapies

Don't let injury stand in the way of a rewarding leisure pursuit. We are proud to deliver various Complementary Therapies.

**Sports Masseuse - Chiropractor - Acupuncture**

All of the above deliver positive results and are delivered by experienced Therapists.

## Fitness Classes

Oasis Leisure Club & Spa offers a variety of Free Classes each week. Our Instructors have not only been selected for their expertise in delivery, but for their passion and flair in bringing highly motivational classes to the Membership as well. Classes include:

<b>Yoga</b>	<b>Body Combat</b>	<b>Zumba</b>
<b>Pilates</b>	<b>Totally Shredded</b>	<b>Pump it Up</b>
<b>Spin</b>	<b>Aqua Fit</b>	<b>Circuits</b>

Our classes are set to allow all abilities the opportunity to participate. Whether you are a beginner, someone with low fitness levels or a regular class participant, our Instructors will ensure you get the most from your choice. So much so that after one class you'll be booking for more.



## Health & Beauty

Pamper yourself in the comfort of our very own Health Spa. The Balcony is the perfect escape from the trials of

<b>Manicures</b>	<b>Pedicures</b>
<b>Waxing</b>	<b>Tanning</b>
<b>Massage</b>	<b>Facials</b>

The Balcony also offers Spa packages bringing a number of complementing treatments together for your pleasure. Pick up a brochure for more details.