

OPENING TIMES

GYM

Monday - Friday: 6.30am - 10pm

Saturday - Sunday: 7am - 10pm

(Mon-Sun: Thermal suite closes 9pm | Last gym entry 9.30pm)

TOPTRACER DRIVING RANGE

Open daily from 9am (last balls 8.45pm)



Si! SPA TREATMENTS

Please enquire at Leisure Reception or email spa@gaileshotel.com for treatment availability.



Join us in your perfect place to relax, unwind and rejuvenate. Choose to relax with a treatment or in our thermal suite. All products reflect our commitment to quality with ESPA and ishga as our chosen principal treatment partners.* Our experienced and knowledgeable therapists will be happy to advise on the treatments and products most appropriate for you.

Spa treatments are **not included as part of membership, are subject to availability and must be booked in advance.*



Marine Drive, Irvine, Ayrshire, KA11 5AE

T: 01294 316090

reception@gailesgolfleisure.com

gaileshotel.com

A HEALTHIER LIFESTYLE STARTS HERE



MEMBERSHIP INFORMATION



FITNESS SUITE | SPA | THERMAL SUITE | GOLF COURSE | TOPTRACER RANGE | GOLF ACADEMY

BECOME A HEALTH CLUB, SPA AND LEISURE MEMBER AT THE GAILES AND REAP THE BENEFITS

- Use of our well-equipped fitness suite with support from our qualified gym team
- Access to an extensive range of complimentary fitness classes in our exercise studios including a range of virtual classes
- Use of our luxurious and relaxing thermal suite
- Tailored training programmes with our gym team to suit your individual needs

EXCLUSIVE TO 12 MONTH CONTRACTS

- Incentives and discounts across our SimpsInns venues
- Exclusive offers and events for members throughout the year
- 15% off food in all SimpsInns restaurants, applies to parties of four or less*
- 10% off spa treatments at Si! Spa*
- 15% off Individual golf lessons
- 15% off e-bike and hybrid bike hire
- 10% off Electric vehicle charging
- 10% off best available rates at our luxury hotels: The Gailes, Irvine, Old Loans Inn, Troon and The Waterside Hotel, West Kilbride**

* T&Cs apply. Spa treatments and Toptracer driving range are NOT included in membership. Si! Spa discount valid Monday - Wednesday on 55min treatments or more. Does not include spa day packages or spa breaks. Restaurant discount valid 7 days. Not to be used in conjunction with any other offer.

** Rate not available in conjunction with any other discount or promotion. (T&Cs apply).



Updated: 22/11/2023

MEMBERSHIP CONTRACTS

£50 per person joining fee for all memberships.
All memberships include full use of leisure club and Thermal Suite.

12-MONTH CONTRACT	INDIVIDUAL MEMBERSHIP £63_{P/M}	JOINT MEMBERSHIP £115_{P/M}
3-MONTH CONTRACT	INDIVIDUAL MEMBERSHIP £76_{P/M}	JOINT MEMBERSHIP £140_{P/M}
OVER 60s MEMBERSHIP 12-month contract	INDIVIDUAL MEMBERSHIP £57_{P/M}	JOINT MEMBERSHIP £99_{P/M}

Note: 12-month contract subject to one month's notice period on 11th month. 3-month contract subject to one month's notice period on 2nd month. Membership contract will roll on if month's notice is not applied. T&Cs apply. Please ask a member of staff for details. Thermal Suite, subject to availability.

STUDIO CLASSES

Our studio offers classes to suit all ages and levels of fitness. We review class programmes throughout the year to keep up to date with the latest and most popular classes and welcome feedback and class suggestions from our members.

Our virtual classes introduce a set programme including a range of classes within Cycling, Conditioning, Mind-body and Cardio for additional training and to enhance the quality and variety of classes available to our members.

Classes are a great way to get and stay fit, especially as a class helps to motivate and encourage us all. A great sense of camaraderie is also built up with regulars, which helps make working out in a group great fun.

At Gailes Golf:Leisure we have many dedicated classes, including spin, step, yoga, Pilates and more.

As a leisure club member, you will have access to our FitSense app, where you will be able to browse and book your classes with ease, access to personalised workouts, track your progress in real time and check-in.

 Download the FitSense app on Android and iOS

