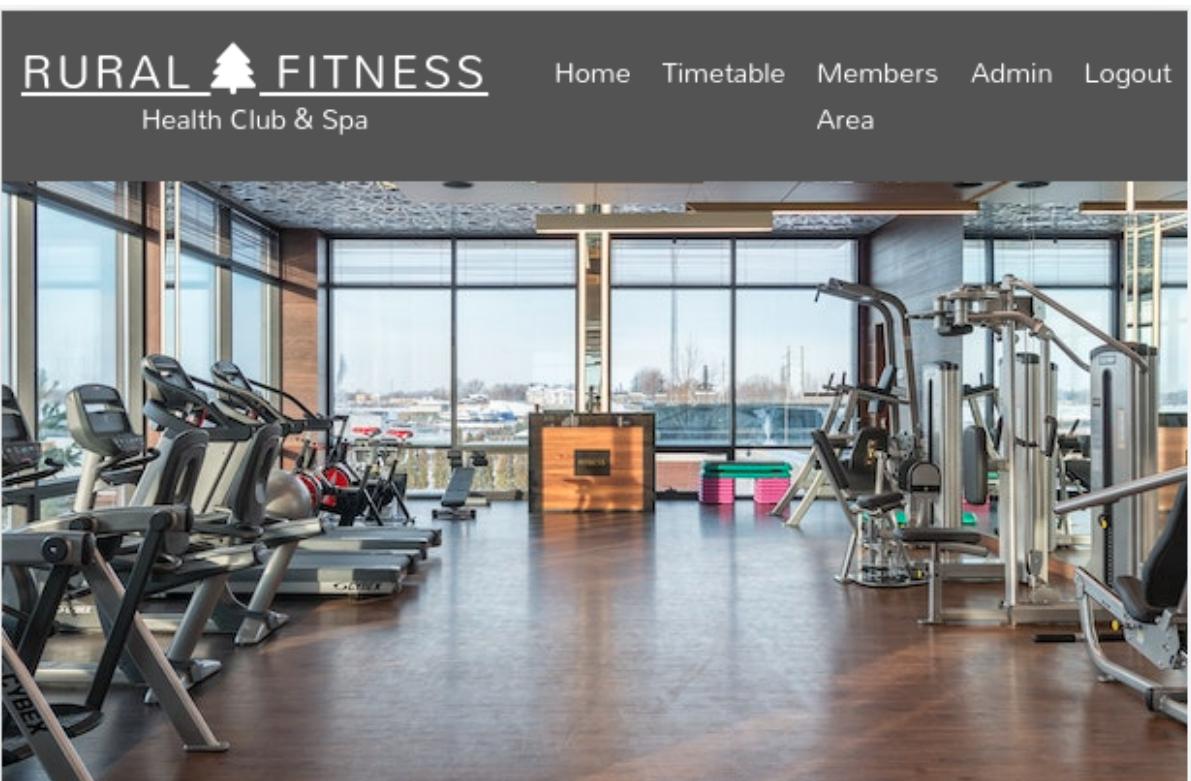


Home Page



RURAL  FITNESS
Health Club & Spa

Home Timetable Members Admin Logout
Area

[Members Area](#) [View Timetable](#)



Facilities
A state of the art gym and pool, class studios and a spin room. We've got your fitness needs covered. [Read More](#)

Classes
Boxfit? No problem. Yoga or Mindfulness?
Come unwind with us. HIIT? Book now and test your limits!

View the [Timetable](#) to book classes, or head to the [Members Area](#) to review.





[Members Area](#)

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Spa

Relax and unwind after your workout in our luxurious sauna, jacuzzi and spa. [Read More](#)

Begin your post-workout recovery with us in our premium oak sauna, or if you're looking for total relaxation, book yourself in for a massage or facial with our expert spa team.

[Members Area](#)

[✉ ruralfitness@gmail.com](mailto:ruralfitness@gmail.com)



[📞 0131 123 4567](tel:01311234567)



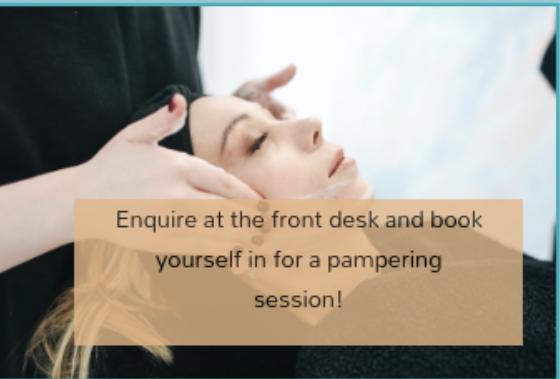
Members Area



Join our online Facebook community [f](#)

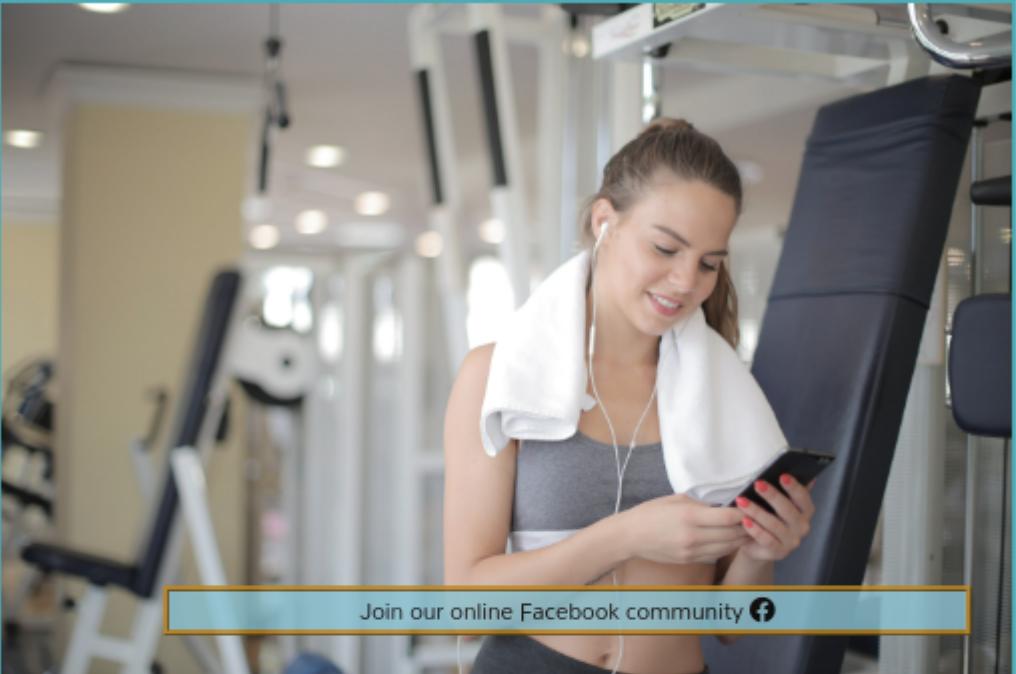
Get Social!

Have you tried our spa yet?



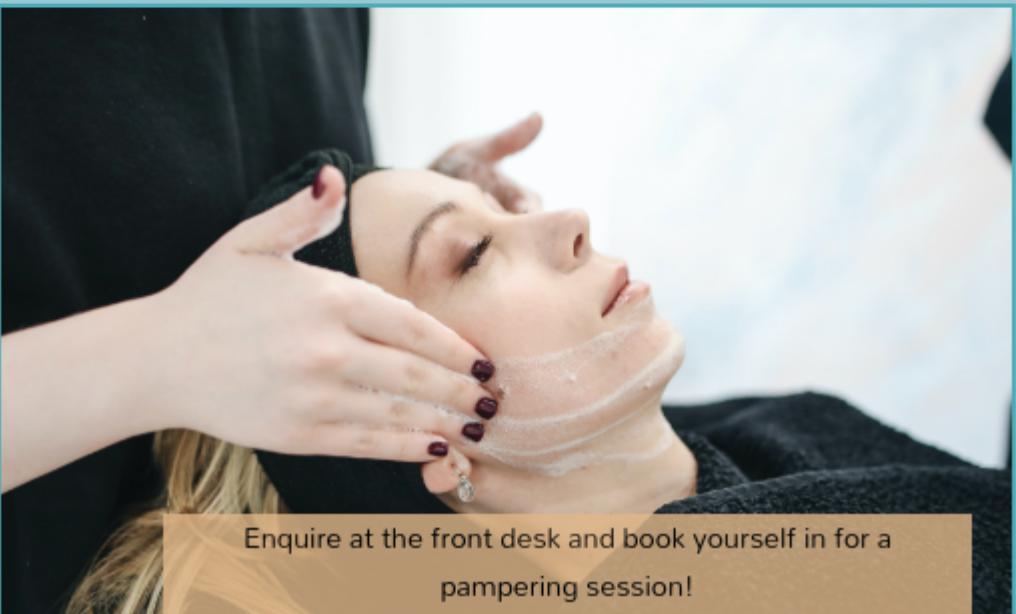
Enquire at the front desk and book
yourself in for a pampering
session!

Get Social!



Join our online Facebook community [Facebook](#)

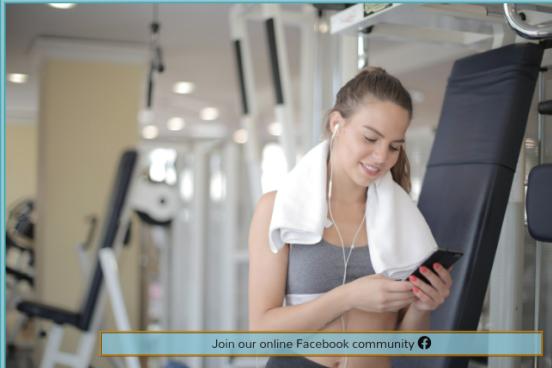
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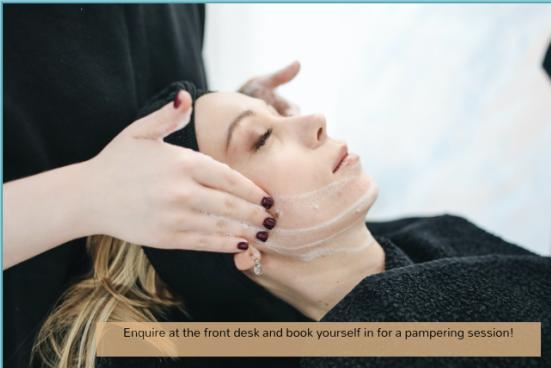
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Have you tried our spa yet?



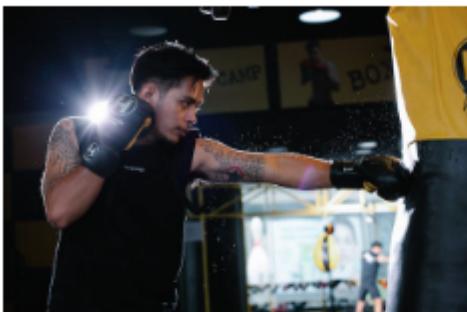
Join our online Facebook community [Facebook](#)



Enquire at the front desk and book yourself in for a pampering session!

Timetable

⌚ 6:00 1hr



Boxfit

One bag each. 6 rounds of boxing and combat fitness exercises. Have we hooked your interest?

Apologies, class cancelled.

⌚ 7:00 30m



Body Burn

Circuits consisting of squats, lunges and anything that gets those quads burning!

0 spaces

Studio B

Class Currently Full

⌚ 12:00 1hr

⌚ 6:00 1hr



Boxfit

One bag each. 6 rounds of boxing and combat fitness exercises. Have we hooked your interest?

Apologies, class cancelled.

⌚ 7:00 30m



Body Burn

👤 0 spaces

Circuits consisting of squats, lunges and anything that gets those quads burning!

📍 Studio B

Class Currently Full

⌚ 12:00 1hr

1hr



poses and some mindfulness work.

⌚ 18:00 1hr
cancelled.

⌚ 17:00
1hr



Spin

Work on your pedal stroke or just keep fit, a great class for everyone.

👤 13 spaces 📍 Spin Room

Booked in. Cancel?

⌚ 18:00
1hr



Pilates

Covering the fundamental poses, a great class for core stability and a strong mind and body.

👤 25 spaces 📍 Dance Studio

Add to Cart

Admin Page

Edit Timetable:

! For Admin use only:

- Sessions are shown in the table below. By default, the timetable for the next month is shown, but all sessions are available to view and edit.
- Use the date, activity and location filters below to view sessions.
- For any session shown, alter the fields as required. To cancel a session, untick the 'running' box. Press 'Save Session Changes' and press confirm on the popup. Altering information without pressing save WILL NOT update the Timetable.
- To delete a session, press the corresponding 'Delete Session' button and press confirm on the popup. The session WILL NOT be deleted without pressing confirm.
- To add a new session to the timetable, press the add session button. The new session will appear highlighted in yellow. Session details can then be chosen.
- Details can only be altered for one session at a time, and only one session can be created at a time.
- Please ensure all members who are booked into a session are informed of any session changes or deletions.
- Use the below filters to load sessions.

Date:	30/05/2023	
Activity:	All	
Location:	All	

Add Session

Name	Boxfit	
Date/Time	30/05/2023	05:00
Location	Spin Room	
Spaces	25	Running <input checked="" type="checkbox"/>

be deleted without pressing confirm.

- To add a new session to the timetable, press the add session button. The new session will appear highlighted in yellow. Session details can then be chosen.
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- Use the below filters to load sessions.

Date:	30/05/2023			<input type="button" value=""/>	
Activity:	All			<input type="button" value=""/>	
Location:	All			<input type="button" value=""/>	
<input type="button" value="Add Session"/>					
Activity	Date <input type="button" value=""/>	Time	Location	Spaces	Running
Boxfit	30/05/2023 <input type="button" value=""/>	05:00 <input type="button" value=""/>	Spin Room	25	<input checked="" type="checkbox"/> <input type="button" value="Save Changes"/> <input type="button" value="Delete Session"/>
Mindfulness	30/05/2023 <input type="button" value=""/>	05:00 <input type="button" value=""/>	Chillout Zone	25	<input checked="" type="checkbox"/> <input type="button" value="Save Changes"/> <input type="button" value="Delete Session"/>
Kettlebell Chaos	30/05/2023 <input type="button" value=""/>	06:00 <input type="button" value=""/>	Studio A	19	<input checked="" type="checkbox"/> <input type="button" value="Save Changes"/> <input type="button" value="Delete Session"/>
Treadmill Torture	30/05/2023 <input type="button" value=""/>	07:00 <input type="button" value=""/>	Treadmill Studio	15	<input checked="" type="checkbox"/> <input type="button" value="Save Changes"/> <input type="button" value="Delete Session"/>
Spin	30/05/2023 <input type="button" value=""/>	07:00 <input type="button" value=""/>	Spin Room	15	<input checked="" type="checkbox"/> <input type="button" value="Save Changes"/> <input type="button" value="Delete Session"/>

Sign up Details Page

Already a member?

[Sign In](#)

[Next](#)

Standard Membership

£59.99 / month

Access to all our gym, pool and spa facilities and full timetable access.

Select:

Off-Peak Membership

£44.99 / month

Access to all our gym, pool and spa facilities before 5pm. Full timetable access.

Select:

Family Membership

£119.99 / month

For 2 adults and up to 3 children. Adults have access to gym, pool and spa facilities and full timetable access. Children have pool and gym access while accompanied by an adult.

Select:

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