

Welcome to The Fountain Spa Leisure Club

The Fountain Spa Leisure Club is one of Fife's leading wellness and fitness destinations.

Family owned, we offer a unique blend of high-quality facilities and a relaxed, welcoming atmosphere where members can unwind, recharge, and feel at home.

Our professional team is dedicated to creating a welcoming and enjoyable club experience, helping members relax and make the most of their leisure time.

Whether your goals are social, fitness-focused, health-related, or simply to unwind, we offer an environment designed to support your wellbeing and help you get the best out of every visit.

- Enjoy a refreshing swim in our pool
- Feel motivated in our fitness classes
- Boost your energy in our fitness suite
- Rejuvenate in our steam room
- Unwind in our sauna
- Dine with friends in our bar and brasserie



Membership Prices 2026

Monthly Fees (3 month minimum term)

Full Access Single	58.65
Full Access Joint	105.60

Full access hours:

Monday to Friday	7:00 am - 9:30 pm
Saturday & Sunday	8:00 am - 8:00 pm

Off Peak Single	49.85
Off Peak Joint	89.75

Off Peak hours:

Monday to Friday	9:00 am - 5:00 pm
Saturday & Sunday	1:00 pm - 8:00 pm

Child Single	19.50
Child Joint	23.00

Child Access times:

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- Balgeddie House Hotel
A 10% reduction is available to members in our bistro and bar.

The Fountain Spa Leisure Club
Balgeddie House Hotel
Balgeddie Way
Glenrothes, KY6 3QA

 (01592) 742727
 spa@balgeddiehouse.com
 Fountain-spa.com



Information

Find us on 

Fitness Suite

The Fountain Spa Leisure Club features a fully equipped Fitness Suite with a wide range of modern cardiovascular and resistance equipment.

The space is fully air-conditioned, providing a comfortable environment for enjoyable and effective workouts.

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|---------------|----------------|----------------|
| Treadmills | Leg press | Dumbbells |
| Rower | Chest press | Barbells |
| Bikes | Lat pulldown | Benches |
| Arc Trainers | Shoulder press | Kettlebells |
| Versa Climber | Leg extension | Medicine balls |
| SkiErg | Leg curl | |

Begin your journey to a healthier you with a consultation with one of our instructors.

This private appointment allows us to understand your goals and prepare a personalised routine to help you get the most from your membership.

Regular reviews of your progress help ensure your activity plan remains effective, enjoyable, and aligned with your goals.

Our instructors are always on hand to offer guidance, support, and ensure you are exercising safely and confidently.



Poolside

The club offers a fantastic range of poolside facilities, including a 17-metre swimming pool, toddler pool, sauna, and steam room.

This bright and spacious area of the Fountain Spa provides the perfect environment for relaxation and a little well-deserved escapism.

Individual-use lanes are available for both swimming and exercise, and swimmers can enjoy peace of mind knowing the pool maintains a constant depth of 1.2 metres.

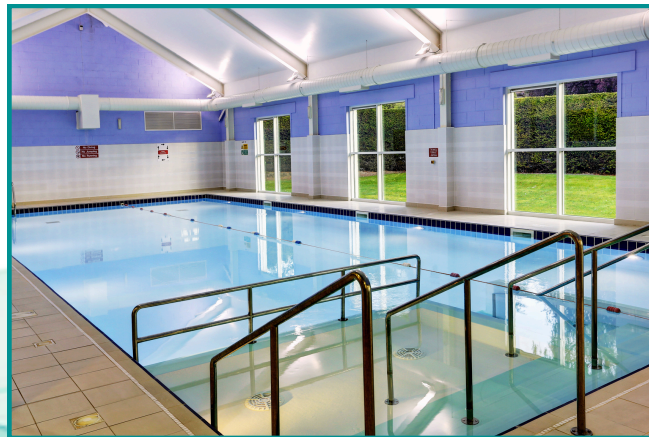
Our pool is also the ideal setting to continue your fitness journey through our free aqua classes, delivered at various times throughout the week.

Swimming Lessons:

Wednesday & Thursday: 1:00-2:30pm 3:30-5:30pm

Friday: 3:30-5:30pm

2 lanes will still be available



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

Child Access Times:

Monday to Thursday

Friday

Saturday & Sunday

9:00 am - 7:00 pm

8:00 am - 8:00 pm

All day

Fitness Classes

The Fountain Spa offers a variety of free classes each week.

Our instructors have been selected not only for their expertise, but also for their passion and flair in delivering highly motivational sessions for our members.

Yoga

Pilates

Spin

Body Combat

Body Pump

Aqua Fit

Our classes are designed to welcome all abilities, giving everyone the opportunity to take part. Whether you're a beginner, returning to exercise, or a regular class participant, our instructors will ensure you get the most from your session.

We're confident that after just one class, you'll be excited to book your next one.

