

### Golden Kids Club

Our Golden Kids Club is open throughout the year and has a variety of activities and entertainment programmes to delight our younger clients aged 3 to 11 years.

During holiday times we are open from Monday to Friday 9am to 6pm, during term times we are open from 4pm to 7pm. Throughout the year we are open every Saturday from 9am to 12pm by appointment.



### Membership Types

Dunas Douradas Health Club has several different flexible memberships with gym and class packages based upon the services which we offer.

Choose from a daily, weekly, monthly, 3 monthly, or annual membership for individuals and couples.

We also offer group and corporate membership rates.

Why not visit us and see what membership best suits you!

BOOK AT THE GYM RECEPTION,  
CALL TEL: 289 351 352  
OR CONTACT US BY EMAIL: GYM@DDBC.PT

## DUNAS DOURADAS HEALTH CLUB



DUNAS DOURADAS  
BEACH CLUB  
★ ★ ★ ★ ★  
ALDEAMENTO TURÍSTICO

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DUNAS DOURADAS  
BEACH CLUB  
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ALDEAMENTO TURÍSTICO

## A healthy lifestyle on your doorstep!

Priding itself as being one of the top leisure facilities within the Algarve with a high standard of equipment Dunas Douradas Health Club (DDHC) is prepared to meet the most demanding customers. Whether you come alone or are accompanied by friends or family the health club will always have something to offer you. Located on the first floor within the Club House the health club comprises a fully equipped gym and studio, indoor and outdoor massage areas, 4 changing rooms with a towel and locker provided, plus an indoor pool, jacuzzi and sauna. Dunas Douradas Health Club has its own reception which enables us to provide you with a personalised service for all your gym requirements.



Our gym has the latest in cardio equipment, complete with personal TV, MP3 and digital displays, machine and free weights, functional training apparatus and a cutting edge power plate. Our studio programme also offers over 20 varied classes per week.

So that you can enjoy our facilities we have the Golden Kids Club and junior gym classes for our younger guests supervised by qualified teachers.



### Personal Training

Currently in Portugal *Personal Training (PT)* is very popular. You may choose from the following personal training programmes PT slim, PT strengthen, PT align, PT flexibility and PT Power Plate. Every session is planned around individual goals, physical abilities and needs. Our DDHC professionals offer commitment and discipline to our clients. All are highly qualified, motivated and selected for their ability to create, promote and monitor personal programmes ensuring that our clients remain motivated!

### Group Classes

The health club offers a varied timetable of over 20 classes per week. Choose from Yoga, Pilates, Cycle & Abs, Just Pump, AeroCombat, GAP, LatinFusion, Localizada, Martial Arts & Self Defense, outdoor jogging or walking,

Aqua Aerobics and swimming classes. To see our timetable visit [www.ddbc.pt](http://www.ddbc.pt)

### Private Group Classes

If your busy lifestyle or work schedule means that you cannot commit to our gym timetable classes then the health club has the practical solution! Your own personal classes for 2-5 of you and your friends or colleagues!

Just choose the time and the class and we will provide you with the motivation!

### Swimming Lessons

Each lesson is 30 minutes and will concentrate on learning and developing the various techniques of swimming. We cater for adults and children from 3 years. It is never too late to learn or perfect your technique!