With its beautiful gardens and fabulous parklands, health clubs in Perth can be overlooked somewhat. But for a good workout with qualified instructors and trainers, Across Perth, you'll find that we have the best gyms for you. You'll want to start right now to discover just how easy it is to improve your health and fitness .Health and fitness is certainly essential to ensure not only your physical being, but also your mental and emotional well being. When you are healthy and physically fit, you do not only feel good but you also look good and can handle your daily routine better. When you feel better about yourself, you look at the world in a different perspective. You do not mind too much about the negatives and instead you tend to focus on the 

Positives Staying fit is important so that your body is able to do everything needed to stay healthy. If you aren’t in good shape, you will increase your chances of having a lot of health problems because of it. You might also find that becoming overweight can make conditions that you already have more severe. It is extremely important that you understand the importance of good health and fitness. Why not check some of the health clubs in and around Perth as listed below.

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| **Ivy Court Leisure Club** 19 George Street,Perth, PH1  **Tel**: 01738 447744 begin\_of\_the\_skype\_highlighting              01738 447744      end\_of\_the\_skype\_highlighting |  |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **Fiz Fitness Studio** 251 Old High Street,Perth, PH1  **Tel**: 01738 628259 begin\_of\_the\_skype\_highlighting              01738 628259      end\_of\_the\_skype\_highlighting |  |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **Accentto** 64 Tay Street,Perth, PH2  **Tel**: 01738 444422 begin\_of\_the\_skype\_highlighting              01738 444422      end\_of\_the\_skype\_highlighting |  |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **Rodney Fitness Centre** Dundee Road,Perth, PH2  **Tel**: 01738 630901 begin\_of\_the\_skype\_highlighting              01738 630901      end\_of\_the\_skype\_highlighting |  |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **Bannatyne's Perth** St. Catherine's Road,Perth, PH1  **Tel**: 01738 448011 begin\_of\_the\_skype\_highlighting              01738 448011      end\_of\_the\_skype\_highlighting | http://www.thefitmap.co.uk/pix/fialogo.gif |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **Bells Sports Centre** Hay Street,Perth, PH1  **Tel**: 01738 638373 begin\_of\_the\_skype\_highlighting              01738 638373      end\_of\_the\_skype\_highlighting |  |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **South Inch Leisure** South Inch Place,Perth, PH2  **Tel**: 01738 633863 begin\_of\_the\_skype\_highlighting              01738 633863      end\_of\_the\_skype\_highlighting |  |
| » [**Click here to see a map**](http://www.thefitmap.co.uk/healthclubs/towns/scotland/health-clubs-perth.htm) |  |

 

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| **Healthworks** Pitheavlis,Perth, PH2 |