

Welcome at Vlietlijn!

Welcome to the wellness centre for Leiden and the surrounding area. Do you want action, sports, sociability, relaxation or supervision to help you achieve your personal objectives? Check the site, make an appointment and drop by! Among other things, this is what we have to offer:

- More than 100 group lessons a week
- Open 7 days a week
- Long opening hours
- Techno gym cardio and fitness equipment
- Separate Body & Mind department
- Dance & fitness for kids and teenagers
- Large choice of wellness facilities
- Professional, qualified team
- Personal guidance
- ROM: fit in 2 x 4 minutes
- Nemes vibrating plate
- Nice relax lounge
- Physiotherapy

Why do sports at Vlietlijn?

The reasons most people give are:

- Exercise gives energy
- General health improvement
- Losing weight & weight control
- To become pleasantly fit
- To be physically active
- Relaxation
- Fun & sociability

Mission

In the Leiden area, Vlietlijn offers the broadest package of sports and relaxation activities for the entire family. In a relaxed, contemporary and welcoming environment, you can work on all your health objectives with us. Our professional staff is here to assist you. Vlietlijn offers all of this, for a very reasonable price.

Vision

Vlietlijn aims to consolidate its position as a family club with the broadest offer of high-quality activities in the Leiden area.

Membership: plenty of possibilities!

Members can use all the sports facilities, group and Body & Mind lessons, including fitness supervision and

infrared sauna. Membership from € 29 per month. You can choose from:

Unlimited
Use all facilities.

Family

Want to work out with your partner or kid(s)? Do you live at one address? The family membership offers a € 3 discount per person on the unlimited training rate (cannot be combined with the off-peak or 1 x per week membership).

Off-peak

Use all facilities, 7 days per week from 12.00 - 16.00 hours.

Once every week

Do you only have a little time to exercise? Come by 1 x per week or 5 x per month and use all the facilities.

Youth

1 or 2 x per week exercise for kids from 2.5 - 18 years old; Dance / Teenage Fitness at fixed times. Membership lasts at least 5 months.

Our information

Wellness Center Vlietlijn
Zoeterwoudseweg 7H, 2321 GL Leiden
T 071 532 03 50
F 071 531 72 35
E info@vlietlijn.nl

Our opening hours

Monday until Friday 08.00 - 22.30 hours
Saturday and Sunday 08.00 - 17.00 hours
During holidays and the summer holiday, the opening hours are adjusted.