

Adult Classes Timetable

January & February 2022

Monday			
6.45am	30mins	Spinning	A
10.00am	40mins	Ladies Circuits	A+C+S
1.00pm	40mins	Exercise For Older Adults (55+)	A+S
4.30pm	30mins	TRX	A+C+S
5.45pm	40mins	Spinning	A
6.30pm	40mins	Spinning	A
Tuesday			
10.00am	45mins	TRX	A+C+S
11.00am	30mins	Aquafit	A
1.00pm	30mins	HITT	A+C+S
6.00pm	45mins	Cardio & Strength	A+C+S
Wednesday			
6.45am	30mins	HITT	A+C+S
10.00am	45mins	Tone & Sculpt	C+S
6.00pm	30mins	Spinning	A
7.00pm	30mins	Spinning	A
7.15pm	15mins	Ab Attack	C
Thursday			
10.00am	45mins	TRX	A+C+S
11.00am	30mins	Aquafit	A
1.00pm	45mins	TRX	A+C+S
6.00pm	45mins	Cardio & Strength	A+C+S
6.45pm	15mins	Ab Attack	C
Friday			
6.45am	30mins	Spinning	A
10.00am	45mins	Ladies Circuit Training	A+C+S
1.00pm	30mins	Exercise for Older Adults (55+)	A+S
5.00pm	40mins	Cardio Blast	A+C+S
Class Codes:	C - Core D - Dance	M - Mind, Body & Soul S - Strength & Toning	

- Spaces available will be within health and safety guidelines.
- You must pre-book to reserve your place by calling us on 091 792 434.



OPENING HOURS

Monday to Friday

Swimming Pool 6.00am - 10.00pm

Gym 6.15am-10.15pm

Weekends & Bank Holidays

Swimming Pool 7.30am - 9.00pm

Gym 8.00am - 9.15pm

Free WiFi • Free car park • Visitors passes

Kids under 16 are welcome until 7.30pm daily



+353 91 792 434

maldronhotelgalway.com/leisure-centre

galway@clubvitae.com

FULL MEMBERSHIP

Allows you unrestricted access to all the club's facilities

Weekdays 6.00am - 10.00pm

Weekends / Bank Holidays 8.00am - 9.00pm

Single

€58 - monthly (payable by Direct Debit)

€225 - 3 month membership (upfront payment)

€560 - annually (upfront payment)

Couple

€91 - monthly (payable by Direct Debit)

€295 - 3 month membership (upfront payment)

€985 - annually (upfront payment)

Family (2 adults & 2 children 4-15yrs old)

€99 - monthly (payable by Direct Debit)

€320 - 3 month membership (upfront payment)

€1025 - annually (upfront payment)

Over 60's

€48 - monthly (payable by Direct Debit)

€190 - 3 month membership (upfront payment)

€450 - annually (upfront payment)

Student (valid Student ID required)

€48 - monthly (payable by Direct Debit)

€190 - 3 month membership (upfront payment)

€450 - annually (upfront payment)



OFF-PEAK MEMBERSHIP

Allows you access to all the club's facilities between:

Weekdays 6.00am - 5.00pm

Weekdays: Must check in before 5.00pm

Weekends / Bank holidays 12.00pm - 4.00pm

Weekends: Must check in before 4.00pm

Single

€48 - monthly (payable by Direct Debit)

€195 - 3 month membership (upfront payment)

€450 - annually (upfront payment)

Couple

€84 - monthly (payable by Direct Debit)

€285 - 3 month membership (upfront payment)

€815 - annually (upfront payment)

PERSONAL FITNESS PLANS

We have the experienced staff to get you fit the right way. We provide fitness programs, classes and personal training for all with flexible times, wide variety of equipment and small group training available. Contact us for more information.



CLEANING AND SAFETY MEASURES

- We have a comprehensive health, safety and cleaning plan in place to ensure the safety of members and staff, while maximising the opportunity for our members to return to fitness.
- We have increased the frequency of cleaning in all areas of the club with extra staff rostered and also time allowed between booking slots to allow for sanitising. We also have scheduled deep cleaning carried out at schedule times daily and also once the club closes.
- You will notice all our staff wearing PPE. Sanitising stations are readily available throughout the club.
- To ensure the safety of all our members and to ensure social distancing you need to pre-book your pool session online at clubvitae.com/oranmore. Gym sessions do not need to pre-booked.