

Fitness Classes Timetable

September - December 2022

clubvitae

ORANMORE · GALWAY

Monday

6.45am	30mins	Spinning	A
10.00am	40mins	Ladies Circuits	A+C+S
1.00pm	40mins	Exercise For Older Adults (60+)	A+S
4.30pm	30mins	TRX	A+C+S
5.40pm	30mins	Express Spinning	A
6.15pm	40mins	Spinning	A
7.00pm	45mins	Strength Training with Hughie	S

Tuesday

6.45am	30mins	Intense Cardio	A
10.00am	30mins	TRX	A+C+S
10.30am	30mins	TRX	A+C+S
11.00am	40mins	Aquafit	A
1.00pm	30mins	HITT	A+C+S
6.00pm	40mins	Intense HITT Class	A+C+S
6.45pm	15mins	Ab Attack	C
7.30pm	60mins	Zumba	A

Wednesday

6.45am	30mins	HITT	A+C+S
10.00am	45mins	Intense Cardio	A
4.30pm	30 mins	HITT	A+C+S
5.40pm	30mins	Express Spinning	A
6.15pm	40mins	Spinning	A
7.00pm	45mins	Strength Training with Hughie	S

Thursday

10.00am	30mins	TRX	A+C+S
10.30am	30mins	TRX	A+C+S
11.00am	40mins	Aquafit	A
1.00pm	30mins	TRX	A+C+S
6.00pm	40mins	Cardio & Strength	A+C+S
6.45pm	15mins	Ab Attack	C
7.30pm	60mins	Yoga*	M

Friday

6.45am	30mins	Spinning	A
10.00am	40mins	Ladies Circuit Training	A+C+S
1.00pm	40mins	Exercise for Older Adults (60+)	A+S
5.00pm	40 mins	Cardio Blast	A+C+S

Reserve your place
by calling us on 091 792 434



OPENING HOURS

Monday to Friday
6.00am - 10.00pm

Weekends & Bank Holidays
7.30am - 9.00pm

Class Codes:
A - Aerobics

C - Core
D - Dance

M - Mind, Body & Soul
S - Strength & Toning

*Fee applies

+353 91 792 434

www.clubvitae.com/oranmore/

galway@clubvitae.com



Free WiFi • Free car park • Visitor passes
children under 16 are welcome until 7.00pm daily

maldron
HOTEL
ORANMORE · GALWAY

FULL MEMBERSHIP

Allows you unrestricted access to all the club's facilities

Weekdays 6.00am - 10.00pm

Weekends / Bank Holidays 8.00am - 9.00pm

To add on a child (4-15 yrs) to your membership it is **€10 per month.**

To add on a teenager (16-17 yrs) to your membership it is **€20 per month.**

Single

€62 - monthly (payable by Direct Debit)

€235 - 3 month membership (upfront payment)

€605 - annually (upfront payment)

Couple

€98 - monthly (payable by Direct Debit)

€315 - 3 month membership (upfront payment)

€1045 - annually (upfront payment)

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

€105 - monthly (payable by Direct Debit)

€340 - 3 month membership (upfront payment)

€1100 - annually (upfront payment)

Over 60's (60+yrs old)

€51 - monthly (payable by Direct Debit)

€200 - 3 month membership (upfront payment)

€475 - annually (upfront payment)

Student (valid Student ID required)

€51 - monthly (payable by Direct Debit)

€200 - 3 month membership (upfront payment)

€475 - annually (upfront payment)

OFF-PEAK MEMBERSHIP

Allows you access 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

€51 - monthly (payable by Direct Debit)

€205 - 3 month membership (upfront payment)

€475 - annually (upfront payment)

Couple

€88 - monthly (payable by Direct Debit)

€295 - 3 month membership (upfront payment)

€865 - annually (upfront payment)

EXCLUSIVE WITH MEMBERSHIP

Personal training*

Fitness testing

Fitness programmes*

Adult Swim Training

Children's Splash Mania

Free Wi-Fi

Free parking

Guest passes

10% discount in Hotel eateries

*Fees apply



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