

# Spring Timetable



## Gym Induction

20mins (Included in membership)

## 1-1 Training Session

1hr €30

## Extensive Personal Training

5 sessions (60mins each)  
Includes Training Plan  
& Goal Setting

Exclusive with Membership:

- Adult Swim Training
- Free Wi-Fi
- Free Parking
- Guest Passes
- 10% discount in Hotel Eateries
- Children's Splash Mania

### 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   | 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  | 30mins | 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     |
| 7.00pm  | 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   |
| 5.30pm  | 40mins | Cardio Blast                    | A+C+S |

Class code: A - Aerobics | C - Core | D - Dance | M - Mind, Body & Soul

S - Strength & Toning | \*Fee applies

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## FULL MEMBERSHIP

Allows you unrestricted access to all the club's facilities **Weekdays 6.00am - 10.00pm Weekends / Bank Holidays 7.30am - 9.00pm**

To add a child (4-15yrs) to your membership it is **€12 per month.**

To add a teenager (16-17yrs) to your membership it is **€22 per month.**

### Single

€68 Monthly (payable by Direct Debit)  
 €258 3 month membership (upfront payment)  
 €665 Annually (upfront payment)

### Couple

€108 Monthly (payable by Direct Debit)  
 €345 3 month membership (upfront payment)  
 €1150 Annually (upfront payment)

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

€115 Monthly (payable by Direct Debit)  
 €375 3 month membership (upfront payment)  
 €1210 Annually (upfront payment)

### Over 60's (60+yrs old)

€58 Monthly (payable by Direct Debit)  
 €220 3 month membership (upfront payment)  
 €522 Annually (upfront payment)

### Student (valid Student ID required)

€58 Monthly (payable by Direct Debit)  
 €220 3 month membership (upfront payment)  
 €522 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

€58 Monthly (payable by Direct Debit)  
 €220 3 month membership (upfront payment)  
 €522 Annually (upfront payment)

### Couple

€99 Monthly (payable by Direct Debit)  
 €325 3 month membership (upfront payment)  
 €950 Annually (upfront payment)

**Children are restricted to using the Club up to 7pm daily**

## KIDS SWIMMING LESSONS

Exclusively for members (fee applies)

|      |         |                         |        |
|------|---------|-------------------------|--------|
| Mon  | 4.15pm  | Junior Lifeguard        | 45mins |
| Tue  | 4.00pm  | Beginners               | 40mins |
| Tue  | 4.40pm  | Improvers               | 40mins |
| Tue  | 5.20pm  | Advanced                | 40mins |
| Tue  | 6.00pm  | Elite                   | 40mins |
| Wed  | 4.00pm  | Improvers L1            | 40mins |
| Wed  | 4.40pm  | Improvers L2            | 40mins |
| Wed  | 5.20pm  | Advanced                | 40mins |
| Thur | 3.30pm  | Beginners               | 40mins |
| Thur | 4.10pm  | Improvers L1            | 40mins |
| Thur | 4.50pm  | Improvers L2            | 40mins |
| Thur | 5.30pm  | Advanced                | 40mins |
| Sat  | 9.20am  | Beginners               | 40mins |
| Sat  | 10.00am | Improvers L1            | 40mins |
| Sat  | 10.40am | Improvers L2            | 40mins |
| Sat  | 11.20am | Advanced                | 40mins |
| Sat  | 12.00pm | Elite                   | 40mins |
| Sat  | 5.00pm  | Children's Splash Mania | 45mins |
| Sun  | 5.00pm  | Children's Splash Mania | 45mins |

## SPLASH MANIA

### Great Family Activity for members!

Every Saturday & Sunday at 5pm members and hotel guests can enjoy Splash Mania with their families! Splash about and enjoy large floats in this fully supervised 45 minute session of fun! Over 8 year olds only and must be competent swimmers.