

## RATES, OPENING HOURS & AEROBICS TIMETABLE 2018

### MEMBERSHIPS – ADULTS

	1 Month	3 Months	6 Months	1 Year	Direct Debit
<b>SINGLE</b>	€55.00	€ 130.00	€ 215.00	€ 285.00	€ 26.00 per month (€ 312.00 yearly)
<b>JOINT</b>	€100.00	€ 230.00	€ 385.00	€ 510.00	€ 46.00 per month (€ 552.00 yearly)

### MEMBERSHIPS – SENIOR CITIZENS/16- 18 YEARS – ID CARD REQUIRED

	1 Month	3 Months	6 Months	1 Year	Direct Debit
<b>SINGLE</b>	€50.00	€ 115.00	€ 190.00	€ 240.00	€ 21.50 per month (€ 258.00 yearly)
<b>JOINT</b>	€85.00	€ 200.00	€ 350.00	€ 430.00	€ 39.00 per month (€ 468.00 yearly)

### MEMBERSHIPS – CHILDREN UNDER 16 YEARS (POOL ONLY)

	1 Month	3 Months	6 Months	1 Year	Direct Debit
<b>SINGLE</b>	€30.00	€ 55.00	€ 95.00	€ 135.00	€ 12.00 per month (€ 144.00 yearly)

### OPENING HOURS

### OTHER PRICES

FITNESS GYM				
		DAY MEMBER ADULT		€ 6.50
MONDAY to FRIDAY	06:00 to 22:00	DAY MEMBER SENIOR		€ 5.50
SATURDAYS	08:00 to 18:00	DAY MEMBER CHILD		€ 3.50
SUNDAYS & HOLIDAYS	08:00 to 12:00	10 + 2 DAY PASS (90 DAY EXPIRY)		€ 65.00
INDOOR POOL		THERAPY SERVICES	MEMBER	NON-MEMBER
MONDAY to FRIDAY	06:00 to 21:00	30 MINUTE - MASSAGE	€ 15.60	€ 19.50
FRIDAYS - POOL CLOSED from 15.30 to 17.30		10 MASSAGE PACKAGE	€ 145.00	€ 185.00
SATURDAYS	12:00 to 17:30	30 MINUTE - PYHSIOTHERAPY	€ 16.00	€ 20.00
SUNDAYS & HOLIDAYS	08:00 to 11.30	FITNESS & NUTRITION PACKAGE		€ 400.00
		PERSONAL TRAINING SESSION		€ 20.00
*FREE INDUCTION (excluding Day Membership) *Joint Membership applies to any 2 clients enrolling at the same time * 16 – 18 rates on production of a student card UNDER 16 NOT PERMITTED ENTRY TO THE GYM – ID REQUIRED		10 PERSONAL TRAINING SESSIONS  30% DISCOUNT ON SINGLE MEMBERSHIP WHEN TAKEN <u>AT SAME TIME</u> AS A PERSONAL TRAINING PACKAGE		€ 185.00

# AEROBICS TIMETABLE

**CLASS LEVEL      1 – BEGINNERS      2 – INTERMEDIATE      3 – ADVANCE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09.30	FITNESS CLASS NATALIE 2/3	AQUA FITNESS POOL EBI 1/2	ZUMBA RUMIANA 1/2	FITNESS CLASS EBI 3	STRONG BY ZUMBA NATALIE 2/3	KIDS YOGA MARIA
11.00			YOGA MARIA 2			POWER PUMP CARMEN 2/3
17.00	FITNESS CLASS EBI 3		PILATES MARCELLE 2			
18.00	STRONG BY ZUMBA MARCELLE 2	POWER PILATES CHARLENE 2/3	CIRCUIT MARCELLE 3	CARDIO BODY CARMEN 2	YOGA MARIA 2	
19.00	PRIVATE BOOKING 7.15PM – 8.15PM			PRIVATE BOOKING 7.15PM – 8.15PM	FITNESS CLASS OWEN 2	

## POOL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SWIM FITNESS 06.30–08.00			SWIM FITNESS 06.30–08.00		
				1 LANE 9.30 - 10.30		1 LANE 09.30-11.00
	AQUA FITNESS 09.30–10.30				CLOSED 08.00 – 12.00	
			PM BOOKINGS			
					1 LANE 15.30 – 16.30	
1 LANE 16.30 – 18.00			1 LANE 16.00 – 17.00	POOL CLOSED 15.30 - 17.30	3 LANES 16.30 – 17.30	
			1 LANE 17.00 – 18.00	3 LANE CLUB 17.30 – 18.30	POOL CLOSED 17.30	
3 LANES CLUB 18.30 – 20.30	3 LANES CLUB 17.30 – 19.30	3 LANES CLUB 18.30 – 20.30		1 LANE 18.30 – 20.30		

*Timetable is subject to change and cancellation of classes may happen due to unforeseen circumstances or low attendance*

**DURING CLUB SESSIONS A 4<sup>TH</sup> LANE WILL BE ADDED TO THE POOL**

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**YOGA FOR KIDS IS A COURSE BOOKING PLEASE ASK AT RECEPTION FOR FURTHER INFORMATION**