

## RATES, OPENING HOURS & AEROBICS TIMETABLE 2018

### MEMBERSHIPS – ADULTS

	1 Month	3 Months	6 Months	1 Year	Direct Debit 6 month	Direct Debit 1 Year
SINGLE	€55.00	€ 130.00	€ 215.00	€ 285.00	€38.00	€26.00
JOINT	€100.00	€ 230.00	€ 385.00	€ 510.00	€70.00	€46.00

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

	1 Month	3 Months	6 Months	1 Year	Direct Debit 6 month	Direct Debit 1 Year
SINGLE	€50.00	€ 115.00	€ 190.00	€ 240.00	€35.00	€22.50
JOINT	€85.00	€ 200.00	€ 350.00	€ 430.00	€65.00	€39.00

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

	1 Month	3 Months	6 Months	1 Year	Direct Debit 6 month	Direct Debit 1 Year
SINGLE	€30.00	€ 55.00	€ 95.00	€ 135.00	€ 20.00	€15.00

<u>OPENING HOURS</u>		<u>OTHER PRICES</u>	
<b>FITNESS GYM</b>		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
<b>INDOOR POOL</b>		<u>THERAPY SERVICES</u>	<u>MEMBER</u> <u>NON-MEMBER</u>
MONDAY to FRIDAY	06:00 to 21:00	30 MINUTE - MASSAGE	€ 18.00      € 22.50
FRIDAYS - POOL CLOSED	from 15.30 to 17.30	10 MASSAGE PACKAGE	€ 170.00      € 200.00
SATURDAYS	12:00 to 17:30	30 MINUTE - PYHSIOTHERAPY	€ 16.00      € 20.00
SUNDAYS & HOLIDAYS	08:00 to 11.30	<b>FITNESS &amp; NUTRITION PACKAGE</b>	<b>€ 400.00</b>
*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 ARE NOT PERMITTED ENTRY TO THE GYM – ID REQUIRED		PERSONAL TRAINING SESSION	€ 15.00
		10 PERSONAL TRAINING SESSIONS 30% DISCOUNT ON SINGLE MEMBERSHIP WHEN TAKEN AT SAME TIME AS A PERSONAL TRAINING PACKAGE	€ 135.00

# 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	
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	CARDIO BODY CARMEN 2		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 09.30 - 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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