

# MEMBERSHIPS PRICES

ALL-INCLUSIVE (INCL. USE OF POOL, GYM, FITNESS SESSIONS & SAUNA)

MEMBERSHIP TYPES		1 Day-Pass	1 MONTH	3 MONTHS	6 MONTHS	1 YEAR	Direct Debit 1 YEAR
Adults	Single	€8 <i>Latest entry 2hrs before closing time</i>	€55.00	€ 130.00	€ 200.00	€ 285.00	€26.00
	Joint*	N/A	€100.00	€ 230.00	€ 360.00	€ 510.00	€46.00
	Off-Peak	N/A	€40	€80	€130	€190	€18
	Off-Peak Joint*	N/A	N/A	€150	€240	€350	€31
Seniors & Students**	Single	€6.50 <i>Latest entry 2hrs before closing time</i>	€50.00	€ 115.00	€ 180.00	€ 240.00	€22.50
	Joint*	N/A	€85.00	€ 200.00	€ 330.00	€ 430.00	€39.00
Children < 15 years		€4.50 <i>Latest entry 2hrs before closing time</i>	€30.00	€ 55.00	€ 90.00	€ 135.00	€15.00
	0 – 5 years	<i>Can make use of pool free of charge when accompanied by an adult member (day/ monthly/ yearly) with full responsibility and constant supervision.</i>					
	< 10 years	<i>Use of POOL ONLY***</i>					
	11 – 15 years	<i>Can make use of ALL the facilities including pool and aerobic sessions, and RESTRICTED use of gym (Cardio machines only). Children under 15 years need to be accompanied by an adult member at all times: (1 adult: max. 2 children)***</i>					

\* Joint Membership applies to any 2 clients enrolling at the same time

\*\* This rate applies to persons aged 60yrs and over & FULL TIME students (16yrs +) ON PRESENTATION OF A STUDENT CARD

\*\*\*Children under 12 years making use of the pool need to have constant ADULT SUPERVISION

FREE GYM INDUCTION (excluding Day Memberships) with every membership, to be booked at reception

OFF-PEAK MEMBERSHIP INCLUDES use of BOTH POOL & GYM, Monday to Friday, entrance between 11am and 3pm

## OPENING HOURS

	FITNESS GYM & CENTRE	INDOOR POOL
MONDAY to FRIDAY	06:00 to 21.30	06:30 to 21:15
SATURDAYS	8:00 to 18:00	8:00 to 18:00
SUNDAYS & P. HOLIDAYS	08:00 to 12:00	08:00 to 11:30

LAST ENTRY TO GYM AND POOL IS 30 minutes BEFORE MENTIONED CLOSING TIME.  
 POOL PATRONS WILL REQUIRE TO EXIT POOL BY MENTIONED CLOSING TIME.  
 USERS NEED TO BE OUT OF THE GYM AND CHANGING ROOMS AT 5 MINUTES BEFORE CLOSING TIME.

**NB. WEDNESDAYS – POOL CLOSSES AT 19:00**  
**FRIDAYS – POOL CLOSED from 15.30 to 17.45**

## SERVICES FOR YOUR WELLBEING

MASSAGE (30 min)	<i>(Members)</i> € 18.00	<i>(Non-members)</i> € 22.50
10 MASSAGE PACKAGE	<i>(Members)</i> € 170.00	<i>(Non-members)</i> € 200.00
PHYSIOTHERAPY SESSION	<i>(Members)</i> € 25.00	<i>(Non-members)</i> € 27.50
<i>10% discount on memberships when 5 physiotherapy sessions or more are purchased in bundle</i>		
PERSONAL TRAINING SESSION LAND/ POOL (1HR)	€ 15.00	
10 PERSONAL TRAINING SESSIONS INCL. 30% DISCOUNT ON SINGLE MEMBERSHIP	€ 150.00	
NUTRITION SESSION (30MIN)	€ 20	
NUTRITION SESSION (30MIN) X 6 SESSIONS	€100	
FITNESS & NUTRITION PACKAGE INCL. 30% DISCOUNT ON 3 MONTH MEMBERSHIP OR MORE	€ 250.00	
SPORTS NUTRITION	€40 incl. CONSULTATION & PERSONAL DIETARY PLAN	
FOOD INTOLERANCE TESTS	€150 incl. blood test with results within 1Hr followed by a FREE CONSULTATION (same day or by appointment)	

## POOL TIMETABLE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	<b>ADULT SWIM FITNESS</b> 06.30 – 08.00			<b>ADULT SWIM FITNESS</b> 06.30 – 08.00		
	<b>AQUA FITNESS</b> 09.30 – 10.30					
<b>AFTERNOON BOOKINGS</b>						
	<b>INSPIRE SWIM CLUB 2/3 LANES</b> 17.30 – 19.30			<b>POOL CLOSED</b> 15.30 – 17.30	<b>INSPIRE SWIM CLUB 3 LANES</b> 16.30 – 17.30	
	<b>MSCALA SWIM CLUB 2 LANES</b> 19.30 – 20.30	<b>INSPIRE SWIM CLUB 3 LANES</b> 18.00 – 21.00		<b>INSPIRE SWIM CLUB 3 LANES</b> 17.45 – 18.45	<b>POOL CLOSED</b> 17.30	
<b>INSPIRE SWIM CLUB 3 LANES</b> 18.30 – 20.30		<b>POOL CLOSES AT 19.00</b>		<b>MSCALA SWIM CLUB 2 LANES</b> 18.45 – 19.45		

- **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**

**FITNESS CLASS SCHEDULE**  
**STARTING MONDAY 5<sup>TH</sup> OCTOBER 2020**  
*FREE with every membership*

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6.30					ZUMBA CARLY 1/2	
09.30	FITNESS CLASS NATALIE 2/3	AQUA FITNESS POOL EBI 1/2	YOGA NATALIE 1/2	FITNESS CLASS EBI 3		
11.00						
17.00	FITNESS CLASS EBI 3		PILATES MARCELLE 2			
18.00	STRONG NATION (BY ZUMBA) MARCELLE 2		INTERVAL TRAINING MARCELLE 2			
19.00		DANCE FITNESS CARLY 1/2				

**CLASS LEVELS**

**1 - BEGINNERS**

**2- INTERMEDIATE**

**3 – ADVANCED**