### THE FITNESS CLUB Radisson blu hotel & spa, sligo

# MEMBERSHIP OPTIONS

## MEMBERSHIP RATES

FITNESS

IOTEL & SPA. SLIGO

	12 Months	6 Months	3 Months
Individual	€550	€310	€169
Joint	€980	€560	€310
<b>Family 1</b> (1 Adult & up to 4 Children u16)	€790	€490	€290
<b>Family 2</b> (2 Adults & up to 4 Children u16)	€1200	€720	€420
Additional Child	€120	€90	€60
Student	€365	€240	€130
<b>Student Buddies</b> (2 students)	€660	€400	€230

Corporate Rates Also Available - Speak with The Fitness Club Manager for more information

#### THE FITNESS CLUB BENEFITS

- FREE Fitness Assessment & Gym Program
- FREE Fitness re-assessments each month
- FREE Aqua Aerobics Classes
- 20% OFF Swimming Lessons
- 50% OFF Nutrition Consultations / or Personalized Nutrition Assessments
- SPA DISCOUNTS Up to 15% OFF treatments Mon-Thur (T's & C's Apply)

#### LIMITED AVAILIBILTY FOR ADDITIONAL CHARGE

- Yoga classes
- Pilates classes
- Personal training
- Private swimming lesson

#### **OPENING TIMES**

Monday – Friday	7am-10pm
Weekends & Bank Holidays	8am-8pm
Children (U16)	8am-7pm Daily

Limited access may apply during class times - Please check class schedule at reception

#### **TERMS & CONDITIONS**

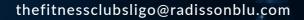
- Proper Swim Attire must be worn in the Pool, Sauna, Steam-Room and Jacuzzi
- Correct Footwear to be worn in the gym (No flip flops)
- No outdoor footwear to be worn on the pool deck
- No glass bottles in changing rooms or on pool deck
- Swim Hats to be worn in the pool (available to purchase at The Fitness Club)
- Children U16 to be accompanied by an adult in the water at all times
- Gym, Sauna, Steam-Room and Jacuzzi are for the use of persons aged 16 and over
- Use of photography not permitted within the Pool/Gym areas
- Membership Prices/Opening Times are subject to change

Full details of our Terms & Conditions are available at reception

#### Thank you for considering The Fitness Club for your choice in Fitness, Wellness and Leisure

- \* Top of the range Precor equipped Gymnasium
- \* 18m Heated Swimming Pool
- \* Children's Pool
- \* Health Suite comprising of Sauna, Steam-Room and Jacuzzi
- \* Relaxation areas on deck
- \* Invigorating Neck Jet Massager







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