

A woman with curly hair, wearing a black sports bra, is shown in profile, looking forward while exercising on a treadmill. The background is a dimly lit gym with some blurred lights.

THE FITNESS CLUB

RADISSON BLU HOTEL & SPA, SLIGO

MEMBERSHIP OPTIONS



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MEMBERSHIP RATES

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