

MH  
MARYBOROUGH  
LEISURE CLUB



# Welcome to the Maryborough Club

The essence of The Club is to create an exclusive, peaceful, and relaxing environment in which to work out, realise and achieve your wellness goals.

We offer World renowned TechnoGym technology in our 35 station gym with its evolutionary Key System which stores individual programmes and workout history on a personal Techno gym Key. Selection of free weights and fixed weights, 18m pool, sauna, steam room, spa pool, Jacuzzi, and kids pool area.

## OPENING HOURS

Monday to Friday: 6am to 9.30pm

Saturday, Sunday & Bank Holidays: 8am to 9pm

Get started today by contacting us on 021 491 8327 or at [leisure@maryborough.ie](mailto:leisure@maryborough.ie).



At The Maryborough Club, we work hard to create a relaxing and welcoming environment for members to enjoy, along with excellent facilities, and professional and well qualified staff. We have a wide range of Memberships available, which include:

Complimentary Initial Fitness Assessment

Complimentary Re-Assessments to monitor your progress

Complimentary Fitness Programme

Personal Training Sessions as part of certain packages Fitness Classes

1 Complimentary Bath Towel

1 Complimentary Gym Towel / Visit

Children under 6 are complimentary

20% Spa Discount off 55 minute ESPA treatments



# Swimming Pool

The swimming pool is kept at a constant, comfortable temperature and is ideal for all the family. With our dedicated swim lane, you can always do your swim laps. It is perfect for our weekly Aqua Aerobics Classes. With the safe area for our toddlers, it is an exemplary introduction to the swimming pool. Local physiotherapists have recommended the pool for people to use for rehabilitation from injuries or operations, such as knee or hip replacement. We have steps down into the pool which helps with ease of access.

After your workout, we recommend the sauna, steamroom, or jacuzzi for relaxation and recovery. Use of these in between the cooler shower will help to improve recovery and general wellbeing.

- 18m swimming pool
- Separate Toddler area
- Dedicated swimming lane available at all times
- Sauna
- Steamroom
- Complimentary bath towel with certain memberships
- Jacuzzi on the pool deck
- Adjustable shower on the pool deck
- Relaxation area with daily newspapers
- One level access to and from the luxury changing rooms



# The Gym

Our gym has the most up-to-date technology to ensure you are getting the most from your workouts. Our staff is highly qualified, and with their motivation and expertise, we can help you achieve your goals. You will be assigned your own personal instructor, and they will keep in touch each month. With your initial assessment, we will determine your starting point and give you a set of mini goals in order to achieve your long term goals. With regular re-assessments, you will know exactly where you are at all times. The TGS Key System is the ideal motivator and support system, designed to aid everyone from our beginners to our more advanced gym users. Achieve results you could never imagine before.

- Evolutionary Key System for your personal programme and reviews
- 35 Technogym equipped gym
- Cardio equipment with touch screen TV's
- Selection of free weights & resistance equipment
- Specialist Programmes for individual needs
- Regular gym challenges to keep you motivated
- Personal training sessions included in some memberships
- Marathon and half Marathon training programmes







# Thermal Suites

The Thermal Suite is an oasis of calm in the turmoil of our daily lives. Enter this area and instantly start to unwind, enjoying the benefits to both mind and body. Once you enter, you won't want to leave.

All members receive a 20% discount on ESPA treatments.



Included in certain membership packages:

## Male Thermal Suite:

- Rock Sauna
- Steam Bath
- Heated Loungers
- Vitality Pool
- Lifestyle Showers
- Ice Fountain

## Female Thermal Suite:

- Saunarium
- Laconium
- Heated Loungers
- Vitality Pool

Individual lockers and showers with vanity areas.  
Relaxation area with individual loungers, music  
and selection of magazines



# CLASSES

- Yoga: connect your physical body to your mind through movements and breathing
- Tai Chi: flowing Chinese exercise brings harmony to your mind, body and spirit
- Pilates: helps build flexibility, muscle strength, and endurance
- Spinning: aerobic class designed to burn calories on stationary bikes
- Conditioning: improves muscle tone, definition, and general body shape
- Full Body Attack: high intensity to burn calories and tone the body
- Aqua Aerobics: low impact exercises for joints and mobility
- Bums, Legs, and Tums: toning class with low impact exercises for the lower body
- Circuit Training: various exercise stations for burning calories and increasing muscle tone



# Memberships

## Classic Membership:

- Fitness Assessment
- Re-Assessments (4 per year)
- Fitness Classes pre-pay in advance €60 per 10 Classes
- Personal Training €35 per 45 Minute Session
- Gym Towel

Membership	Annual Rate	First 2 month payment	Monthly DD
<b>Single</b>	€890	€150	€80
<b>Single Off-Peak</b>	€760	€132	€66
<b>Couple</b>	€1620	€270	€140
<b>Couple Off-Peak</b>	€1280	€220	€110
<b>Student</b>	€750	€126	€63

## Corporate Membership:

- Fitness Assessment
- Re-Assessments (4 per year)
- Fitness Classes
- Personal Training (1 per Week for 30 Minutes)
- Bath Towel x 1
- Gym Towel

Membership	Annual Rate	First 2 month payment	Monthly DD
<b>Single</b>	€1050	€184	€92
<b>Couple</b>	€1900	€332	€166



# Memberships

## Gold Membership:

- Fitness Assessment
- Re-Assessments (4 per year)
- Fitness Classes
- Personal Training (1 per Week for 45 minutes)
- Bath Towel x 1
- Gym Towel
- Use of Vitality Room

Membership	Annual Rate	First 2 month payment	Monthly DD
<b>Single</b>	€1300	€228	€114
<b>Single Off-Peak</b>	€940	€164	€82
<b>Couple</b>	€2320	€404	€202
<b>Couple Off-Peak</b>	€1670	€292	€146
<b>Student</b>	€945	€166	€83

## Platinum Membership:

- Fitness Assessments
- Re-Assessments (4 per year)
- Fitness Classes with Priority Booking
- Personal Training (2 per week)
- Spa Treatment (26 per year)
- Bath Towel and Bath Robe for Spa use
- Gym Towel
- Use of Vitality Room

Membership	Annual Rate	First 2 month payment	Monthly DD
<b>Single</b>	€2500	N/A	N/A



The Maryborough Hotel, Douglas, Cork,  
Ireland, T12XR12

021 491 8327

[leisure@maryborough.ie](mailto:leisure@maryborough.ie).

[www.maryborough.com](http://www.maryborough.com)