

MEMBERSHIPS

CLASSIC MEMBERSHIP

- Initial Fitness Assessment
- Personalised Gym Programme
- Re-Assessments (4 per year)
- Fitness Classes (pre-pay in advance - €60 per 10 classes)
- Personal Training (€35 per 45 minute session)
- Gym Towel
- Children under 6 yrs included

Membership	Annual Rate	Monthly DD	Initial Payment
Single	€1135	€99	€198
Single Off-Peak	€965	€85	€170
Couple	€2060	€176	€352
Couple Off-Peak	€1630	€140	€280
Student	€955	€84	€168

SILVER MEMBERSHIP

- Initial Fitness Assessment
- Personalised Gym Programme
- Re-Assessments (4 per year)
- Fitness Classes
- Personal Training (1 per week for 30 minutes)
- Bath Towel x 1
- Gym Towel
- Children under 12 yrs included

Membership	Annual Rate	Monthly DD	Initial Payment
Single	€1365	€119	€238
Couple	€2540	€216	€432

GOLD MEMBERSHIP

- Initial Fitness Assessment
- Personalised Gym Programme
- Re-Assessments (4 per year)
- Fitness Classes
- Personal Training (1 per week for 45 minutes)
- Bath Towel x 1
- Gym Towel
- Use of Vitality Pool & Thermal Suites Room 18+ (9AM - 8:30PM Daily)
- Children under 16 yrs included

Membership	Annual Rate	Monthly DD	Initial Payment
Single	€1655	€143	€286
Single Off-Peak	€1195	€104	€208
Couple	€2940	€250	€500
Couple Off-Peak	€2120	€182	€364
Golden Years	€1195	€104	€208

All memberships include use of Swimming Pool area and Gym area. All Gym Programmes are tailored to the individuals needs.

PEAK HOURS: Mon to Fri: 6:00AM - 9:30PM. Sat, Sun & Bank Hol: 8:00AM-9:00PM

OFF-PEAK HOURS: Mon to Fri: 6:00AM to 3:00PM. Sat, Sun & Bank Hol: 8:00AM - 1:00PM