

How to access facilities at The Watershed

Gym



Monday to Thursday

- 7:30am to 9:30am
- 10am to 2pm
- 2:15pm to 4pm
- 4:15pm to 9:30pm

Weekends/Bank Holidays

- 10am to 12:30pm
- 1pm to 3:30pm
- 4pm to 5:30pm

Friday

- 4:15pm to 9pm

***Members Only:** From 6:30am Monday to Friday and 8:30am Weekends/Bank Holidays) - strictly for [peak time members only](#). members must [swipe in](#) and must complete [self declaration forms](#). Unauthorised access to the gym is strictly forbidden and will result in future access being denied.

Fitness Classes

- All Live Fitness classes will take place outdoors under the Canopy by the Sports Hall
- Maximum participants class in class is 14. Please see our Class Timetable and pre-book at Reception, online or via our Mobile App
- All classes must be booked in advance via Reception/Website/App. Please note we have a 'Strike' Policy for all 'no-shows' and a No Refund Policy

Price List

- 7:30am to 1:30pm Weekdays €6
- 1:30pm to 8pm Weekdays €9
- Saturdays/Sundays/Bank Holidays €9
- Teen Gym Hour (13 to 15 year olds) €5
- Fitness Classes: 45 Minute Class €7 30 Minute Class €5



All members/customers must swipe in/check in at Reception
All members/customers must wear the Wristband given to them

USE OF FACILITIES WITHOUT HAVING COMPLETED THE ABOVE TWO CONDITIONS IS STRICTLY PROHIBITED

What you need to know

- **We are not taking Gym bookings** – admissions will be stopped when we reach capacity as per government guidelines
- Everyone must complete a **Self Declaration/Contact Tracing Form** which is to be handed in at Reception for each visit. Forms are available at Reception and on our website, if you like to print out and complete at home
- You are welcome to work out at any time during the session times listed, however, last admission to any gym session will be **forty five minutes before the session is due to end**.
- Please arrive in your gym gear, ready to work out, if possible. There is **limited access to changing/showering** facilities. Lockers may be used to store personal belongings
- Please bring a **water bottle** with you and also a **yoga mat** if you need one for stretching or performing floor exercises. Please note that **towels are not permitted**
- On entering the Gym, please observe the **One Way System** (Keep Right) and **maintain Social Distancing in all areas at all times**
- You are not permitted to have someone 'spot' you when training so **do not include heavy weightlifting** in your workout
- Certain equipment such as the Ski Rig, Assault Bike, Rowers etc have been moved to the Personal & Group Training Zone, please ask a member of staff if you need access
- **Please sanitise your hands** and ensure they are dry before handling any equipment. Please note our sanitisers contain alcohol and are used at the customer's own risk
- **Please vacate the Gym promptly** when instructed by the Fitness Team at the end of your session to allow our staff full opportunity to perform their cleaning and sanitisation duties in preparation for the next session
- Customers must be aged 16 years and over to access the Gym and Fitness Classes. From Monday to Friday, 4:15pm to 5:15pm, young teens aged 13 to 15 years can access the Gym for our 'Teen Gym Hour'