

How to access Fitness Classes

From June 7th 2021



Booking and Attending Fitness Classes

- Fitness classes must be booked in advance via our mobile app, our website or by contacting Reception
- Fitness classes must be paid for at the time of booking, this payment is non-refundable and non-transferable so please take care before you book
- Outdoor classes can accommodate 14 customers and 1 instructor as per government restrictions
- Customers must be aged 16 years and over to Fitness Classes, with the exception of Teen Classes which may be attended by ages 13 to 17 years
- Timetables can change at short notice occasionally due to circumstances beyond our control, please follow our Facebook page and/or download our mobile app for updates and alerts

What you need to know

- Everyone must complete a Self Declaration/Contact Tracing Form which is to be handed in at Reception for each visit
- Everyone must wear the Wristband given to them at Reception, at all times
- Please arrive in your gym gear ready to work out, if possible
- There is access to changing and showering facilities however access is limited due to social distancing and government restrictions on the numbers permitted in each changing area at any one time, please observe the signage on the changing room doors
- Lockers may be used to store personal belongings
- The use of hairdryers and shavers is not permitted
- Please bring a water bottle with you, we cannot provide paper cups at this time
- Please note that hand towels are not permitted in Fitness Classes at this time
- Please maintain Social Distancing in all areas at all times

Use of Equipment

- Please sanitise your hands and ensure they are dry before handling any equipment - our sanitisers contain alcohol and are to be used at the customer's own risk
- Please clean equipment before and after you use it using the wipes and sprays provided

Price List

Non- Members and Pool Only Members

- 45 – 60 minute classes €7
- 30 minute classes €5
- Teen classes €2.50
- Older Adults/Active Retired classes €3
- Meet and Train classes €2.50

Universal and Gym Only Members

- All classes are free of charge
- Remember to book in advance and check in at Reception before going to class