



LOADING.....



New Gym Equipment Installed!!

CLASS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri	Sat
10am	Aqua ^f				Aqua ^f	Kids Swim* (10 - 12.15pm)
4 - 6pm		Kids Swim*		Kids Swim*		
6.30pm			Circuits ^f			
7.15pm	Spin ^f	Strength & Conditioning ^f	Aqua ^f	Spin ^f		
7.15pm		Adult Swim*				

Classes marked with an * are part of a 6 week block of classes

Classes marked ^f are free to full members (gym & pool)

MEMBERSHIP RATES

	Annual	Monthly Direct Debit	6 Months
Individual	550	55	290
Couple	860	85	470
Family	980	100	520
Student	450	45	250
Over 65	450	45	250
Over 65 x 2	700	70	400

Member Benefits

- Individual fitness programme
- FREE classes
- 10% discount in McShanes
- 10% Discount Eidin Spa

