



Thank you for considering Actons health club as a venue for your fitness and relaxation.

Our facilities include:

- 15m heated swimming pool
- A separate toddlers pool
- Sauna
- Steam room
- Whirl pool spa
- Neck, back and body jets around the pool
- Personal Training
- Technogym CV and Weight equipment
- Stretch area / aerobic floor area
- Massage available 7 days a week
- A wide variety of fitness classes: Aqua, Circuits, Reebok Cycle.
- FREE personalised fitness assessments and programmes

| Rates | 1 Adult | Couple | Student / Golden Years 55+ | Child |
|--------------------------------------------------------------|---------|-----------|----------------------------|--------|
| 3 months | €185.00 | €330.00 | €168.00 | €53.00 |
| 6 months | €365.00 | €655.00 | €320.00 | €95.00 |
| 12 months | €600.00 | €1,100.00 | €483.00 | €168 |
| Direct Debit | €52.00 | €94.00 | €42.00 | €16.00 |
| (This is a 12 month contract with a pre-payment of 2 months) | €104.00 | €188.00 | €84.00 | €32.00 |

- ❖ Children 4yrs – 16yrs (Children under 4yrs are free)
- ❖ For Students membership you must present a valid Student Card
- ❖ Children under the age of 16yrs are not allowed to use the gym, sauna, steam room or Jacuzzi
- ❖ Please be advised that these prices may be subject to change

We also offer Personal Training:

45 min Sessions €20 Members / €30 Non Members

Our opening times are:

- Monday to Friday 6.30am – 9.00pm
- Saturday, Sunday & Bank Holidays 8.00am – 8.00pm

If you have any questions please do not hesitate to call us on **021 477 2345** or email us on leisure@actonshotelkinsale.com like us on face book Actons health and fitness club Kinsale for regular updates on health and fitness club.

We look forward to seeing you working out enjoying a leisurely swim soon.