

# ACTONS HOTEL

## KINSALE

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
<b>3 months</b>	€250.00	€400.00	€190	€65.00
<b>6 months</b>	€420.00	€700.00	€380.00	€120.00
<b>12 months</b>	€700.00	€1,250.00	€550.00	€225.00
<b>Direct Debit</b>  (This is a 12 month contract  with a pre-payment of 2 months)	€63.00  €126.00	€112.50  €225.00	€49.50  €99.00	€20.25  €40.50

- ❖ Children 4yrs – 15yrs (Children under 4yrs are free)
- ❖ For Students membership you must present a valid Student Card
- ❖ Children welcome daily until 7pm

- ❖ 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 1 to 1 training Session:

45 min Sessions €30 Members / €40 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](mailto: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.