

GARRYVOE  
HEALTH CLUB

A New Departure in  
Health & Fitness



**Payment options**

A Direct Debit payment option is available for 12 month membership contracts only, with the first two months payable in advance and thereafter by monthly direct debit. There is no additional charge for paying by direct debit.

Six month membership contracts must be paid in full in advance. Payment can be made by credit card, laser card or by cash/cheque.

**How to apply for membership**

Club Membership application forms including Club Rules and Terms and Conditions are available from the Garryvoe Health Club main reception and are also available to download from our website [www.garryvoehotel.com](http://www.garryvoehotel.com).

If you have any further queries please contact the Garryvoe Health Club by email to [healthclub@garryvoehotel.com](mailto:healthclub@garryvoehotel.com) or phone us on 021 4647 177

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# Welcome to the newest chapter in the Garryvoe Hotel story; we're delighted to introduce East Cork's most luxurious and lifestyle enhancing development, the Garryvoe Health Club.



Everything we do at the Garryvoe is guided by a simple mission to offer quality, luxury and professionalism at an affordable price and we've spent a long time researching, designing and planning this new venture to give you just that.

What makes the Garryvoe Health Club special? Our clarity of focus and unrelenting commitment to providing a Health club that offers everything a member could wish for and more . . .

## What would you wish for in your Health Club?

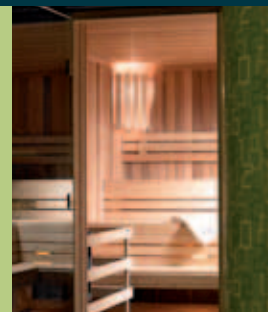
- Stress free membership
- Value for money – competitive rates and no joining fee . . . ever
- Flexible payment options
- Consistent and excellent cleanliness and hygiene throughout the club
- The newest and most advanced equipment and facilities
- Professional, expert staff that care and show it
- A feeling of luxury and quality with attention to detail
- Spacious, well planned personal facilities
- A feeling of belonging

We recognise that cleanliness and hygiene are vital to our success and we commit to providing a level of cleanliness and hygiene that is of the highest international standards.



## The new Garryvoe Hotel Health Club facilities include:

- East Cork's only dedicated two-lane 25m Lap Pool
- Extensive Splash Pool area with Water Jet Massage Cannons
- Unique to Cork and Ireland - our Aqua Jogging Ring (pictured below)
- 1200 square feet Gym with 40 pieces of the latest Technogym equipment
- Sauna Room
- Steam Room
- Invigorating Outdoor Hot Tub
- A spacious Aerobics Studio
- Luxurious, spacious changing rooms and showers
- Individual storage lockers
- Complimentary Health and Lifestyle assessment
- Complimentary Classes
- Specialist Training Classes also available
- Personal Trainers on-site
- Health Club Retail Shop



Club Membership will date for 12 or 6 months as appropriate from date of joining the Club.

Membership includes use of the Pool area, Gym, free fitness classes and initial assessment programme (subject to age restrictions).

Membership numbers will be strictly limited in order to ensure ease of access to facilities and enhance the Club experience for all members.



## Club Opening Hours

Monday to Friday:	6.30 am - 9.30 pm
Saturday, Sunday and Bank Holidays:	8.00 am - 9.00 pm
Children's Times (under 16 years) Mon - Sunday inclusive:	10.00 am - 12 noon 2.00 pm - 6.00 pm
Off peak membership times Monday to Friday:	9.30 am - 6.00 pm
Saturday, Sunday and Bank Holidays:	Before 12 noon

## Rates

	Peak	Off-Peak
Single 12 months	€650	€490
Single 6 months	€410	€320
Couple 12 months	€1,200	€900
Couple 6 months	€800	€620
Family* 12 months	€1,500	€1,100
Family* 6 months	€1,030	-
Seniors Single		€400
Seniors Couple		€750

\* A Family is considered as two adults and two children under 16 years.

Additional children under 16 – €150 when part of 12 month membership, €110 when part of 6 month membership.

Corporate and Club rate – based on minimum 5 members joining together, employed by same employer and paid in full in advance. Please contact General Manager Stephen Belton for more information.

**No Joining or Registration Fees!**

**Check the website regularly for ongoing offers.**

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