



# Tullamore Court

## HOTEL

[Health & Fitness @ The Tullamore Court Hotel Leisure Centre](#)

### [Health and Fitness Services](#)

We offer a wide range of services to people of all fitness and ability levels, supporting all Members and Residents. Whether your aim is to perfect your marathon time or complete your first charity fun run...we can help!

So, if you desperately want to improve your sporting performance, need a helping hand with motivation to get fit, would love to start exercising but don't know where to begin, want to prevent or recover from injury or even learn about leading a healthy lifestyle, our friendly and approachable staff are here to support you.

Everyone knows that regular exercise is good for you, but where do you start and what's the best program for you? Whether you are embarking on a fitness regime, or want to improve your performance, we have something to offer for all ages and levels.

### [Health & Fitness Assessments](#)

Find out your fitness level and monitor improvement over time.

### [Personal Exercise Program](#)

If you would like some advice on structuring your training in order to reach your fitness goals, a personally designed program is available and is updated every 8 weeks.

### [Lifestyle Consultation](#)

Whether experienced or new to exercise, a tailored consultation with a qualified member of staff for advice on lifestyle, basic nutrition, activity and exercise is available.

### [Contact Us or make an Appointment](#)

For further details on any of the listed services please contact leisure centre reception