



About us

We promise to provide a welcoming, motivating and clean environment with a professional and caring staff all helping you achieve real results.

Welcome to The Ireland Active Diamond Award Winning Tullamore Court Hotel Leisure Centre

The Tullamore Court Hotel Leisure Centre is designed to provide a greatly improved quality of life for those who believe in investing in their health and wellbeing.

Our prices make us one of the most cost effective gyms in Offaly, while our certified fitness staff are dedicated to giving you the knowledge, training and motivation you need to succeed. Our wide variety of programmes and classes means you can finally experience a gym community that gives you a happier, healthier life. No matter what your goal, our Leisure Centre will help find the solution that's right for you.

CORE VALUES

WELCOMING: A place where every member and guest will be greeted with a smile.

MOTIVATING: Provide encouragement and inspiration at every turn.

CLEAN: We take pride in keeping our facility at a high level of cleanliness.

PROFESSIONAL: Staff members who treat the customers with the utmost respect and are knowledgeable about our business, industry and exercise.

CARING: Providing genuine concern and compassion for every member.

HELPFUL: We attend to all requests in a timely, consistent and polite manner.

FUN: Staff members are instrumental in creating a smiling and exciting atmosphere.

The Tullamore Court Hotel
Award Winning Leisure Centre



POOL ZONE

The Tullamore Court Hotel Award winning Leisure Centre has a 20m one level swimming pool, the largest Hotel Pool in Tullamore with swimming for up to 15 hours available daily. We also have a separate children's pool. Private or group swimming lessons are available for both adults and children. For non-swimmers and sports specific people - "aqua fit" classes are held each week. Unwind in our Jacuzzi, Sauna and Steam room areas following a workout or as part of the weekend detox. Massage jets in two areas of our pool are also available.



CLASS ZONE

A variety of classes – Les Mills Virtual and instructor based to suit all levels of fitness for both men and women. These classes will provide you with professional instruction and a safe, effective, well balanced and fun workouts. Please consult the timetable for our current schedule.



SPIN ZONE

Indoor Cycling / Spinning is taken to a whole new level in our Spin Zone, A fun and challenging indoor cycling fitness class that is guaranteed to burn calories fast and condition your body, this area is also available to members outside of class times.



WEIGHTS ZONE

We have a specialized free weights zone to help you achieve all of your strength goals. In this zone you will find Dumbbells up to 50kg, Power Racks, Barbells and everything you require to tone, strengthen and build muscle.



GYM ZONE

Our state of the art gym is equipped with an impressive range of the latest cardiovascular and Strength training equipment, including treadmills, bikes, recumbent bikes, summits, and Concept II rowers, promoting maximum strength and fitness in a safe and pleasant way. Each piece of cardiovascular machinery is designed to ensure a safe and effective way to develop aerobic fitness while conditioning the muscles.



FUNCTIONAL TRAINING ZONE

Our Functional zone will include a new 'cage' with a number of exercise 'stations' including a rebound board, monkey bars, dip station, Olympic bar station, punch bag, squat station etc. Most importantly, the zone will be manned by our Fitness Instructors at key times of the day so that they can conduct small group interactive sessions and demonstrate some of the exercises so that members can perform them on their own at other times.

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Jacuzzi – Steam Room, Sauna, Pool Massage Jets

Steam Room

The steam room is kept at a temperature of 45 degrees. The steam is great for flushing excess moisture from your body and removing toxins. Steam is very healthy for the body but remember to hydrate afterwards.

Sauna

Our sauna is kept at a temperature of 85 degrees. The dry heat is good for deep cleansing of your skin and afterwards you will feel completely refreshed.

Jacuzzi

We keep our Jacuzzi at 37 degrees, perfect for relaxing those sore muscles.

Pool massage jets

Strategically designed resistance jets are positioned to hit trigger point patterns for a soothing massage. Our Pool temperature is 30 degrees.



Opening Hours

Full Membership Hours:
7am-10.00pm Daily
Last Check in 9.30pm
(Includes Weekends and bank holidays)
Children hours finish at 8.00pm daily
Children last check in 7.30pm

Off Peak Hours:
7.00am – 5.30pm Daily
(Last check in 4:30pm)



Membership Price List

Six Workout Zones Included

12 & 6-month membership prices t&c apply

<i>Category</i>	<i>12 months peak</i>	<i>12 months off peak</i>	<i>6 months peak</i>	<i>6 months Off peak</i>	<i>Direct Debit Peak</i>	<i>Direct Debit Off Peak</i>
Single	580.00	450.00	340.00	255.00	56.00	45.00
Family	1195.00	895.00	675.00	500.00	115.00	88.00
Active Age (55+)	500.00	410.00	285.00	235.00	49.00	42.00
Active Age Duo (55+)	900.00	730.00	515.00	420.00	88.00	72.00
Student (age 19+) ID req.	370.00	320.00	240.00	225.00	42.00	37.00
Junior (age 16-18) ID req.	295.00	255.00	195.00	165.00	N/A	N/A
Child (up to 15) Pool only	180.00	165.00	125.00	105.00	N/A	N/A

12 & 6 Month Friends Incentive Package t&c apply

<i>Category</i>	<i>12 months peak</i>	<i>12 months off peak</i>	<i>6 months peak</i>	<i>6 months off peak</i>
Between 2 - 5	525.00 pp	405.00 pp	285.00 pp	230.00 pp
Between 6- 9	505.00 pp	390.00 pp	275.00 pp	220.00 pp
Between 10 – 15	485.00 pp	375.00 pp	265.00 pp	210.00 pp

Peak Hours

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(Includes Weekends and bank holidays)

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7.00am – 5.30pm Daily

(Includes Weekends and bank holidays)

Contact us:

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