



# THE FITNESS CLUB

TULLAMORE COURT HOTEL

# CARING FOR YOU

*How we are ensuring a safe and comfortable environment for our customers.*



ON YOUR MARKS,  
GET SET,  
SANITISE.

#CaringForYou

# HYGIENE

Hygiene measures throughout the Fitness Club have been increased and regular cleaning is carried out throughout the day. Your Fitness Club team regularly clean all touchpoints and are on hand to ensure everyone is exercising safely.

All members are requested to wipe down equipment before and after use. Sanitising spray and paper towels are available for you to use at our Cleaning Stations. Let's work together to keep the Fitness Club really shiny and safe for each other.

Hand sanitiser dispensers can be found at the entrance, exit and all around the Fitness Club. Please clean your hands before entering, while you workout with us, and again before you leave. Just like exercise, the more frequent, the better!

Showers and changing rooms are currently closed if using the Gym. Changing rooms are strictly for pool access only. We understand this is not convenient, but it is necessary so as to protect you and other members.

Our toilet facilities are fully operational and sinks available for hand washing only.

Water fountains will be temporarily unavailable as per guidelines. If you forget to bring your own, we do have bottled water for sale as always at reception.



THAT'S  
CLOSE  
ENOUGH

#CaringForYou

# SOCIAL DISTANCING

Some equipment has been taken out of action and we have installed floor markers to safely guide you.

Our Sauna, Steamroom & Jacuzzis remain closed for now, in line with Government guidelines.

Please be mindful that you yourself are keeping your distance from others as you walk around and while you work-out or swim

No high fives or fist pumping allowed. We're still a friendly bunch here at the Fitness Club but for now, a simple "Hi! How are you?" is much better!



# DOES YOUR MASK MATCH YOUR ACTIVEWEAR

#CaringForYou

## PPE

Face Coverings are to be worn on arrival and departure from The Fitness Club, or if you are visiting our Coffee Dock or Restaurant. PPE is of course not required while working out or in the pool!

All our teams are wearing Face Masks or Visors at all times, for your safety and theirs. You will also see some of our team wearing additional PPE for example when cleaning.



# WORK HARD MAKE SPACE.

#CaringForYou

## BOOKING & TIMES

Pre-booking is now essential for both swimming pool, the Gym and fitness classes by calling (057) 933 6669 OR downloading our GymSync app. We cannot guarantee you will be able to use the Fitness Club if you show up without an appointment.

Opening hours have been changed to allow as much time as possible for everyone to exercise safely. Please contact The Fitness Club for our current opening hours.

Gym bookings are for 1 hour and do not include access to our changing room or showers.

Swimming bookings are for 45 minutes, plus an additional 15 minutes maximum in our changing rooms after your swim.

Queuing may result from social distancing at the Fitness Club, just like you are experiencing in shops. We would ask that everyone remains patient with other members, as these measures are for your safety.

We would also like to ask you to remember that this new world is tough for everyone. If you are not satisfied with our measures at the Fitness Club, or feel we could do more, please raise your suggestions to our teams so that we can continue to adapt to the new fitness world.



# KEEP ON MOVING

#CaringForYou

## MEMBERSHIP

Any time missed during our closed periods (16th March to 22nd July 2020 or 8th August to 28th August 2020) will automatically be added on to your membership.

If government guidelines force us to close our doors again, we will again freeze your fees and honour your membership when we reopen.

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A woman with tattoos is performing a handstand in a gym. She is wearing a dark, sequined crop top and black shorts. Her right arm is raised high, and her left hand is on the floor. In the foreground, there is a kettlebell and some boxes. The background shows gym equipment and a rack of weights.

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