

# THE FITNESS CLUB

TULLAMORE COURT HOTEL

## STUDIO CLASSES

### SPIN CLASSES

#### Monday's

10am - 10.45am Instructor  
12pm - 12.30pm Virtual  
5.30pm - 6.00pm Virtual  
7.15pm - 7.45pm Virtual

### MIND & BODY

#### Tuesday's

10am - 10.45am Instructor  
5.30pm - 6.00pm Virtual  
7.15pm - 7.45pm Virtual

### CARDIO

#### Wednesday's

10am - 10.45am Instructor  
12pm - 12.30pm Virtual  
5.30pm - 6.00pm Virtual  
7.15pm - 7.45pm Virtual

### STRENGTH & CONDITIONING

#### Friday's

10am - 10.45am Instructor  
1pm - 1.30pm Virtual  
5.30pm - 6.00pm Virtual  
7.15pm - 7.45pm Virtual

### AQUA AEROBIC'S

12pm - 12.30am Monday  
12pm - 12.30pm Wednesday  
12pm - 12.30pm Friday

### Fitness Studios

### Available To Hire

**1 Hour €30**

## PERSONAL TRAINING

### STANDARD SESSION

1 x 45 min Session  
€40  
10% Discount Member

### STARTER PACK 3

3 x 45 min Sessions  
€100  
10% Discount Member

### BUDDY SESSION

Group of 2 x 45 Min Sessions  
€50  
10% Discount Member

### TRAINING PODS

Small Groups 4 x 45 Min  
Sessions p/m  
€70  
10% Discount Member

## SWIM LESSONS

### CHILDREN'S SWIM LESSONS

8 Week Course  
€80  
10% Discount Member

### ADULT SWIM PODS

Personal Training In Small Groups  
4 x 45 Min Sessions Per Month  
€55  
10% Discount Member

Contact us for more details: **Call** (057) 93 46669 **Email** [thefitnessclub@tullamorecourthotel.ie](mailto:thefitnessclub@tullamorecourthotel.ie) *T's & C's apply*

**Trybe:** [tullamorecourthotel.try.be](http://tullamorecourthotel.try.be)



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