

## Not Just a Gym... Get Social

Overall health and wellness means more than treadmills and spinning classes. That's why we offer our members more than just membership to a gym. Each year our members participate in:

- The Ardilaun Leisure Club Golf Society
- A free Book Exchange
- Member Parties and Social Gatherings
- Koala Kids Club with Summer Camp and other events
- Dietician Advice
- Annual 'Member & Staff' Race Night
- 10% Discount to meals in Camilaun Restaurant and Blazers Bar
- Various Gym Challenges including Group Triathlon and Celebrity Charity Events

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## Avalon Beauty Salon

Members are also welcome to experience the wide range of relaxing, invigorating, and indulging Yonka treatments of Avalon Beauty Salon at a 20% discount.

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*At The Ardilaun Leisure Club we are with you every step of the way to a Healthier Lifestyle!*

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## THE ARDILAUN LEISURE CLUB

GET AWAY FROM THE HUSTLE AND BUSTLE of Galway City, and experience the peaceful, secluded setting of Ardilaun Leisure Club located in the heart of Taylor's Hill. More than just a gym, this unique Club offers its members individual attention and a wide range of services in order to improve overall health and wellness. Through training and the following exceptional facilities The Ardilaun Leisure Club delivers exquisite service.

- 18x8 metre Swimming Pool with Hydro-Therapy area
- Children's Pool
- Custom Jacuzzi Bath (20 person capacity)
- Aerobics Studio including a full class schedule
- Fully Equipped Gymnasium with Widescreen TVs
- Sauna
- Steam Room
- Solarium



### The Pool & Wellness Area

A Greco-Roman style pool is set in a wonderfully tranquil surrounding within the Club. The 18 metre heated pool, along with its unique décor and ambiance, is perfect for leisure swimming, lane swimming, aqua fit and swimming lessons.

A therapeutic Jacuzzi Bath is the ideal way for members and guests to unwind and ease away muscle tension.

The Sauna and Steam Room Wellness Area soothes, revitalizes and rejuvenates the body from head to toe.



### The Gym

The Ardilaun Leisure Club fitness consultants are readily available on a daily basis to offer advice with general fitness queries, training techniques and classes. Fitness tests are offered to all members in order to reach training goals and achieve desired fitness levels.

The Club's fully equipped gym includes:

- Treadmills
- Steppers
- Rowers
- Cross Trainers
- Upright & Recumbent Bikes
- Variety of Resistance Machine Weights
- Smith Machine
- Extensive Free Weights Section
- Individual Sound Stations on all Cardio Machines

### Class Schedule

The Club's vibrant class schedule includes The Ardilaun Leisure Club favourites such as step aerobics, spinning, and aqua aerobics as well as classes that evolve with ever-changing fitness trends. Instructors are encouraged to incorporate innovative fitness techniques into classes in order to keep our extensive schedule fresh and ensure class diversity.



### Membership Options

Pay in full or monthly direct debits for each of the following:

Single:	12 months or 6 months
Couple:	12 months or 6 months
Student:	12 months only
Minor:	12 months only
Golden Years:	12 months only

