



JOIN US TODAY!

FACILITIES INCLUDE...

- Full Suite of Pools including 20m swimming pool, Ice Cold Plunge Pool, Hydrotherapy Pool and Kiddies Pool
- Spa Jacuzzi
- Poolside showers
- Free weights and muscle weights machines
- Cardio machines
- Air Conditioned Gym
- Family Changing facilities
- Kiddies swim times available
- Free high speed Wifi
- Swedish Sauna

PLEASE NOTE THE BELOW IS CURRENTLY
CLOSED DUE TO COVID-19 RESTRICTIONS

- Eucalyptus Steam Room



**YOU ARE IN
SAFE HANDS
AT THE STRAND
MEMBERS ONLY**

MEMBER BENEFITS

- Extended opening hours
- Personalised fitness plans
- Personal Trainer available
- Up to 3 hours free parking
- 10% discount on food in our River Restaurant

For enquiries call **061 421 850** or email energize@strandlimerick.ie
Pre Booking for Health Club visits is essential
Book online at www.strandlimerick.ie/energize-health-club



MEMBERSHIP PRICES

	DIRECT DEBIT*	ANNUAL	9 MONTH	6 MONTH	3 MONTH
FULL	€55	€600	€450	€350	€225
OFF PEAK**	€45	€470		€275	€160
STUDENT		€375	€295	€250	€175
OVER 60'S	€45	€470		€275	€150
COUPLE	€100	€965		€600	€325
FAMILY***	€100	€965		€600	€350
ADDITIONAL CHILD****	€15	€150		€80	€45

CORPORATE RATES ALSO AVAILABLE

* Monthly Direct debit option only available on Annual Memberships.

** Off Peak is Monday to Friday, 6.30am - 5pm.

*** Family Membership is for 2 Adults and 2 Children under 16 yrs who must be accompanied by an adult. Please note children are not allowed in our gym, sauna, steamroom, jacuzzi or plunge pool.

**** Children's pool only.

OPENING HOURS

MON. - FRI.
6:30AM - 10PM

SAT. & SUN.
8AM - 9PM

KIDS HOURS

MON. - SUN.
9AM - 7PM

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