



# 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](mailto:energize@strandlimerick.ie)  
**Pre Booking for Health Club visits is essential**  
Book online at [www.strandlimerick.ie/energize-health-club](http://www.strandlimerick.ie/energize-health-club)