



PRICES & RATES

MEMBERSHIP TYPE	12 MONTH	6 MONTH	3 MONTH	*EASY PAY OPTION
SINGLE	€450.00	€285.00	€190.00	€45.00
COUPLE	€800.00	€520.00	€350.00	€75.00
FAMILY 2 ADULTS + 2 KIDS	€990.00	€635.00	N/A	€90.00
ADDITIONAL CHILDREN	€90.00	€60.00	€40.00	N/A
GOLDEN YEARS				
SINGLE	€350.00	€210.00	€150.00	€35.00
COUPLE	€600.00	€350.00	€280.00	€55.00
STUDENT with ID	€290.00	€195.00	N/A	N/A
OFF 7.00am - 4.30pm PEAK Monday to Friday				
SINGLE	€350.00	€210.00	N/A	€35.00
COUPLE	€600.00	€350.00	N/A	€55.00

Corporate Rates Available | Terms & Conditions Apply

Guest charges: Adult €10, Child €5, OAP/Student €8 | Guest entry is subject to availability

*First & Last Payments up front followed by 10 Monthly Payments

THE LAKESIDE HOTEL,
BALLINA/KILLALOE, CO. CLARE, V94 E2D6
T: +353 61 376522
E: LEISURE@LAKESIDEHOTEL.IE
W: WWW.LAKESIDEHOTEL.IE/LEISURE

THE
Lakeside
LEISURE CENTRE





CLASS SCHEDULE 2016

MONDAY

9.30am - 10.15am Bums and Tums Various
 7.00pm - 7.45pm Instructors Choice Various
 8.00pm- 8.45 pm Kettlebells Various

TUESDAY

9.30am - 10.15am Kettlebells Various
 11.15am - 12.00pm Aqua Various
 7.00pm - 7.45pm Ab Attack Various
 8.00pm - 8.45pm Boxercise Various

WEDNESDAY

9.30am - 10.15am Core and Flex Various
 7.00pm - 7.45pm Body Blast Various

THURSDAY

11.15am - 12.00pm Aqua Various
 7.00pm - 7.45pm Aqua Aerobics Various
 8.00pm - 8.45pm Strength and Conditioning .. Various

FRIDAY

9.30am - 10.15am Strength and Mobility Various

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