

Health Club

AT THE SHELBOURNE

WELCOME TO DUBLIN'S PREMIER HEALTH CLUB

The Health Club at The Shelbourne is an exclusive health, fitness and wellness escape in the heart of Dublin city. With limited private membership that incorporates a holistic approach to health and wellbeing, this tranquil sanctuary provides members with a range of state-of-the-art facilities.

Fitness enthusiasts can achieve their goals with personalised and tailored gym experiences, provided by our highly professional and qualified team. While wellness seekers, searching for the perfect outlet from every day stresses can find peace through use of our top range thermal facilities and swimming pool.

THE GYMNASIUM

With our limited membership, you will have access to our state of the art Technogym cardiovascular and resistance equipment. Each cardio machine is equipped with its own integrated personal audio-visual system, working in conjunction with your smart phone to provide you with the most high-tech workout available.

Our designated free-weights area, as well as our Georgian style fitness and dance studio offer a unique experience for complete wellbeing and peace of mind during your workout.

Personal training is available to all members who require one-on-one training.



OPENING HOURS

Monday – Friday: 6:00am – 10:00pm
Saturday and Sunday: 7:00am – 8:00pm (including bank holidays)

OFF PEAK HOURS

Monday – Sunday: 9:00am – 12:00pm and 2:00pm – 5:00pm



CLASSES & EQUIPMENT

Our designated free-weights area, as well as our Georgian style fitness and dance studio offer an exclusive experience for complete wellbeing and peace of mind during your workout.



CARDIO

// Upright Bikes // Spinning Bikes // Crosstrainers
// Recumbent Bikes // Treadmills // Skillmill
// Rowing Machine



WEIGHTS

// Free Weights & Benches // Kettlebells // Squat Rack
// Leg Curl // Leg Extension // Cable Crossover // TRX
// Chest Press // Lat Pulldown // Shoulder Press



CLASSES

// Box Fit // Kettlebells // Rehab // Mobility // HIIT
// Barbell Blitz // Running Club // Circuit Training // Spinning
// Pilates // Aqua Fit // Core & Cardio // Running Club

SWIMMING POOL

Our 18 metre swimming pool offers a luxurious escape from the bustle of city life.

STEAM ROOM

Unwind after a long day or vigorous workout, with our eucalyptus scented steam room. A perfect retreat for clearing your mind, cleansing the skin and relaxing tired muscles.

SAUNA

Experience a dry thermal heat that aids pain relief and relaxes muscles. Allow the soothing warmth of our sauna to ease tension and stress within the body.

	Membership		Special Membership Offers		
	12 months	6 months	Couples	Off Peak	Bootcamp 3 months
Full Pre-Payment	€1600	€900	€3000	€1300	€750
Monthly Debit	€134		€250	€108	
One Hour Private Personal Training Session	✓	✓	✓	✓	Per Week
Health & Fitness Assessment	✓	✓	✓	✓	✓
Complimentary Range of Classes	✓	✓	✓	✓	✓
10% Discount of Spa Treatments (Sunday - Thursday)	✓	✓	✓	✓	✓