




THE
SHELBOURNE

The Health Club

The Health Club at The Shelbourne is an exclusive, private members health club offering a tranquil sanctuary of fitness and wellness in the heart of Dublin City. Equipped with a range of state of the art facilities, The Health Club at The Shelbourne offers the perfect escape in a unique setting.

Members can enjoy the use of high-tech gym equipment, an 18-metre swimming pool and an extensive range of challenging and engaging classes. Fitness enthusiasts can achieve their goals with personalised and tailored gym experiences provided by our team of fully-qualified personal instructors. While wellness seekers, can escape the everyday stress through use of our top range thermal facilities and swimming pool.

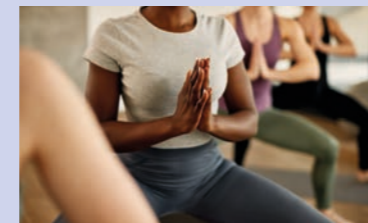
Opening Hours

Monday – Friday: 6:00am – 9:00pm
 Saturday and Sunday: 8:00am – 8:00pm
 (Including Bank Holidays)



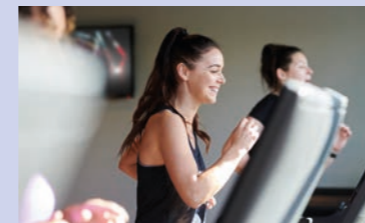
Our Classes & Equipment

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.



Classes

The Health Club provides a wide range of classes, ensuring a well-rounded fitness experience tailored to your preferences.



Cardio

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



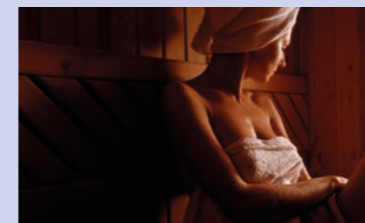
Weights

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



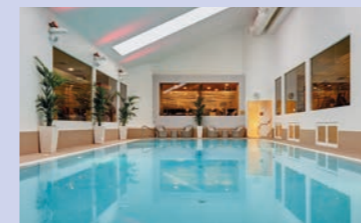
Steam Room

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.



Swimming Pool

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



Personal Training:

	30 Min	60 Min
1 Session	€45	€75
10 Sessions	€400	€675

HEALTH CLUB MEMBERSHIP RATES					
	Individual Membership		Couples Membership*		Corporate Membership**
	12 Months	6 Months	12 Months	6 Months	12 Months
FULL PRE-PAYMENT	€1,600	€880	€2880	€1584	€1360
MONTHLY DIRECT DEBIT	€150 per month	€165 per month	€270 per month	€270 per month	N/A
				* If partner leaves, then Single Membership rate applies	
				** Cost is per person and is based on a minimum of 5 people	
<i>Discounts cannot be used in conjunction with any other promotional activity or offers.</i>					

Membership Rates Include:

- Access to unlimited fitness classes
- A Spa voucher for one 30 minute massage per year
- 10% discount on Spa and Salon treatments Sunday to Thursday only
- 15% discount on all Spa and Salon products
- 1 Complimentary Guest Access pass per month