The Spa
AND HEALTH CLUB

WELCOME TO THE HEALTH CLUB AT THE SHELBOURNE

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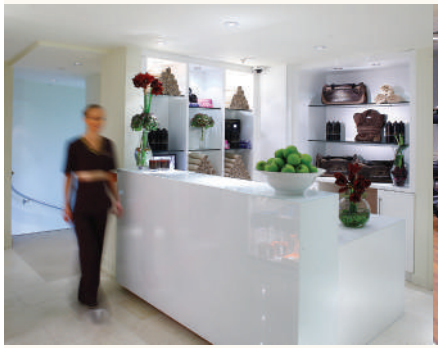

You are invited to become an exclusive Health Club member at The Shelbourne, the ultimate sanctuary for fitness and wellbeing in Dublin.

Located over three floors, and reflecting the luxurious surroundings of The Shelbourne, Dublin's internationally renowned leading five star hotel, The Health Club offers a range of excellent facilities. These include an 18 metre swimming pool, sauna and steam room, state-of-the-art gymnasium and an extensive range of fitness classes, all professionally run by our team of fully qualified personal instructors.

We look forward to welcoming you to The Health Club. Should you wish to view the facilities or discuss membership please call our Health Club Team on +3531 663 4500.

STATE-OF-THE ART EQUIPMENT

Equipment in the gymnasium has been carefully selected to offer a wide range of benefits for ultimate wellbeing and includes:

- Treadmills
- Upright bikes
- Free weight benches
- Leg curl
- Cross trainers
- Recumbent bikes
- Rowing machine
- Leg extension
- Spinning bikes
- Kettlebells
- Cable crossover
- Free weights
- Chest press
- Lat pulldown
- Shoulder press
- TRX

JOIN THE CLASS

A range of fitness classes have been specially devised to ensure members and guests benefit both mentally and physically from their experiences.

The classes available are:

- Cardio Attack
- Fit Fusion
- Fit Ball
- Aqua Fit
- Abs & Stretch
- Box Fit
- Spinning
- Kettlebells
- LBT (Legs, Bum & Thighs)

Members can join a selection of specialised classes which are available at a nominal fee and include: yoga, pilates and swimming lessons.

PERSONAL TRAINING

Health Club Membership will provide you with access to a wealth of health and fitness experts. Personal training with one of our qualified team of fitness professionals is available to all members who require dedicated one-on-one training. For further information on pricing and availability please contact our dedicated Health Club Team on +353 1 663 4500.

MEMBERSHIP PACKAGES

Our Health Club offers a range of excellent facilities to include an 18 metre swimming pool, sauna and steam room, state-of-the-art gymnasium and fitness classes, all professionally run by our team of fully qualified personal instructors.

Membership

With each membership comes a range of benefits to include a voucher for Afternoon Tea for Two, a Luxury Spa Treatment, Shelbourne Gym Bag, Personal Training Session and a number of additional benefits.

Twelve Month Membership: €1,800 **Six Month Membership: €1,000**

Special Membership Packages

Couples Membership

Couples enjoy a reduced rate on our twelve month membership whilst keeping all the excellent membership benefits to include a voucher for Afternoon Tea for Two, Luxury Spa Treatments and additional benefits.

Price: €3,200 per couple **Membership: Twelve Months**

Off-Peak Membership

Use our five star facilities at off-peak times from 9.00am-12.00pm and 2.00pm-5.00pm and avail of a reduced rate on our twelve month membership.

Price: €1,300 per person **Membership: Twelve Months**

Corporate Membership

Benefit from our corporate rates when five or more members join from one organisation.

Price: on request **Membership: Twelve Months or Six Months**

Three Month Intensive Bootcamp

Dedicate three months to transform your body with our intensive Bootcamp programme which includes a weekly session with a personal trainer, tailored food plans, nutritional advice, weight monitoring and tracking. You also receive a complimentary nutritional starter pack that includes all you need to commence the programme.

Price: €600 per person **Membership: Three Months**

For full details on all of our membership packages please call +353 1 663 4500.
Terms and conditions apply.

MEMBERSHIP PACKAGES

Pricing & Benefits	Membership		Special Membership Offers		
	12 Months	6 Months	Couples	Off-Peak	Bootcamp 3 Months
Full Pre-Payment	€1,800	€1,000	€3,200	€1,300	€600
Monthly Debit	€150	€165	€266	€108	€200
One Night B&B at the Shelbourne for Two People	√	-	√	-	-
Afternoon Tea for Two in the Lord Mayor's Lounge	√	√	√	-	-
Luxury Treatment in The Spa	√	√	√	-	-
Health Accessories & Shelbourne Gym Bag	√	√	√	√	-
One Hour Private Personal Training Session	√	√	√	√	per week
Health & Fitness Assessment	√	√	√	√	√
Complimentary range of classes	√	√	√	√	√
10% discount on Spa Treatments (Sunday - Thursday)	√	√	√	√	√

OPENING HOURS

06.00am – 10.00pm, Monday – Friday.
08.00am – 8.00pm, Saturday & Sunday (including bank holidays).

Times for children in the swimming pool.
10.00am – 12.00pm & 3.00pm – 5.00pm daily.

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The Health Club at The Shelbourne, 27 St. Stephen's Green, Dublin 2, Ireland.
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Website: www.shelbournespa.ie