

3 MONTH MEMBERSHIP
gym & swim

€99

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SILVER MEMBERSHIP

gym & swim + classes

Supplement €30

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GOLD MEMBERSHIP

gym & swim + classes

+ 6 week transformation class

Supplement €90



the c club

LEISURE CENTRE

Autumn 2013



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gym & swim

€99

The C Club
Westport Plaza & Castlecourt Hotel Resort
098 55088 • www.castlecourthotel.ie

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6 Week Fitness Timetable

Monday	7.00pm	Kettlebells
	NEW 8.00pm	Running Club
Tuesday	11.00am	Aqua Aerobics
	7.00pm	Circuit Training
	8.00pm	Beginner Kettlebells
Wednesday	11.00am	Total Body Toning
	NEW 7.00pm	Insane Cardio
	8.00pm	*Beginner Pilates
Thursday	11.00am	Aqua Aerobics
	7.00pm	Kettlebells
	7.30pm	Aqua Blitz
Saturday	11.00am	Gym Weights Session

Classes are **FREE** with MEMBERSHIP

* Course fee applies to Pilates Only

3 Month Package
Gym, Swim & Classes
fr €129

Transformation Programme



NEW

- 6 Week Body Transformation Programme**
- ✓ **5 Day Fitness Programme, (30 classes)**
- ✓ **Exciting & New Exercise Regimes**
- ✓ **Dietary Advise & Guidelines**
- ✓ **Weekly Weigh in's**
- ✓ **Weekly Fitness Tests**

MEMBERS ONLY
6 Week Programme
16 SEPT • fr €10 per week