



Membership Rates 2019

Membership Category	3 Months Full	6 Months Full	12 Months Full
Single Adult	€145	€275	€440
Couple	€255	€485	€770
Student	€120	€220	€385
Senior 55+	€90	€175	€285

Includes gym programme, consultation, goal setting, nutritional & exercise advice

Corporate Rate Available

please contact us for details

Personal Training Packages

1. 6 weeks membership with 2 Personal Training session's per week €150
(Includes consultation and goal setting, nutritional & exercise advice)
2. Single Personal Training Session €20*
3. Bundle of 10 Personal Training Sessions €150*
4. Buddy Personal Training Session 2;1 €30*

*Number 2-4 available to members only

New Opening Hours from January 2nd

Monday - Friday: 6.30am - 9.30pm

Sat/Sun/Bank Hols: 8.00am - 8.00pm



THE ROSE HOTEL

TRALEE, CO. KERRY

Dan Spring Road, Tralee,
Co. Kerry. V92 HKA4.

Tel: +353 (0)66 7199118

Email: spirit@therosehotel.com





Class Timetable - January 2019

Classes commence Monday 7th January

Classes for January 2019 will be free for members and €5 for non-members

Booking Essential

(timetable will change in February 2019)

TIME	MON	TUES	WED	THURS	FRI	SAT
7am-7.30am	Body Blast	Tabata	Body Shock Cardio	10-10-10	Ab Attack	
10am-10.45am						Weekend Workout
1.30pm-2pm		HIIT	Total Core	Spirit Circuits		
6pm - 6.45pm	Body Conditioning	Spirit Circuits	Legs, Bums & Tums	Total Tone	Fit & Strong	

Call the Spirit Gym with any queries or to arrange an appointment to view our facilities:

066 7199118

email: spirit@therosehotel.com

Terms & Conditions:

- Management reserves the right to alter membership times, rates, terms and conditions at any time it deems fit.



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