



Membership Rates 2020

Membership Category	3 Months Full	6 Months Full	12 Months Full
Single Adult	€150	€280	€450
Single Adult + classes	€200		
Couple	€260	€490	€780
Student	€125	€225	€395
Senior 55+	€95	€180	€290

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

Corporate Rate Available
please contact us for details

Personal Training Packages

- 6 weeks membership with 2 Personal Training session's per week **€150**
(Includes consultation and goal setting, nutritional & exercise advice)
- 12 weeks membership with 2 Personal Training session's per week **€275**
(Includes consultation and goal setting, nutritional & exercise advice)
- Single Personal Training Session **€20***
- Bundle of 10 Personal Training Sessions **€150***
- Buddy Personal Training Session 2;1 **€30***

*Number 2-4 available to members only

Opening Hours

Monday - Friday: 6.30am - 9.30pm | Sat/Sun/Bank Hols: 8.00am - 8.00pm



THE ROSE
HOTEL

The Rose Hotel, Dan Spring Road,
Tralee, Co. Kerry, V92 HKA4.

www.therosehotel.com





Class Timetable 2020

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7.00am - 7.30am	Spirit Circuits	Body Shock	10-10-10	Ab Attack	Tabata	X	X
10.00am - 11.00am	X	X	X	X	X	Weekend Workout	Weekend Workout
1.30pm - 2.00pm	X	HIIT	Fit Body Workout	Total Body Workout	X	X	X
5.30pm - 6.15pm	Legs, Bums & Tum	Spirit Circuits	Tabata	Body Shock	End of week Body Blast	X	X
6.30pm - 7.15pm	Total Tone	X	Total Body Workout	Spirit Circuits	X	X	X

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

066 7199118 email: spirit@therosehotel.com

Members €2 per Class | Non-members €7 per Class
Booking Essential

Terms & Conditions:

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