



Membership Rates 2019

Membership Category	3 Months Full	6 Months Full	12 Months Full
Single Adult	€145	€275	€440
Single Adult + classes	€195		
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

- 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





Spirit
GYM

Class Timetable 2019

(commencing June 4th)

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.