



CARLTON

SHEARWATER  
HOTEL & C SPA  
BALLINASLOE

★★★★

JUMP START JANUARY WITH THE  
**CARLTON  
BOOTCAMP**

*Start the New Year the right way!  
An action packed week of workouts, activities  
and expert advice on exercise and nutrition.*

- 1 week intense bootcamp
- Up to 18 intensive fitness classes
- Discount on "Heather and Earth By C Spa Detox treatments"
- Discounts on Healthy meals

**€70 Members**

**€100 Non Members**

Classes daily: 7.30am - 8.30am / 10.30am - 12.30pm / 4pm -5pm

**Book Now. Call (090) 963 0400**

Email: [events.shearwater@carlton.ie](mailto:events.shearwater@carlton.ie)  
[www.carlton.ie/shearwater](http://www.carlton.ie/shearwater)



Subject to availability.  
T&C's Apply.

PART OF THE  
**CARLTON**  
HOTEL GROUP  
★★★★