

*Unique Reasons to be a member of the Carlton Shearwater Hotel Leisure Club...*

*Our unique fitness professionals are here to continually motivate and inspire, giving you the fitness knowledge to make exercise a lifestyle*

CARLTON  
SHEARWATER  
HOTEL & C SPA  
BALLINASLOE  
★★★★

- Free Classes for Members - Abs Blast and Aqua
- Free Kids with Couple Membership
- 25% discount on Spa Treatments and products
- Mini Explorers Kids Club
- We continuously invest to improve our product - TRX - Vibro Plate - Olympic Bar - Free weights up to 60kg
- We achieved the White Flag Award for Excellence
- 10% Discount on Function Food
- Sports or music channels shown on widescreen TVs

### *Opening Times*

Monday - Friday	7am - 9.45pm
Saturday & Sunday	8am - 8.45pm
Bank Holidays	8am - 8.45pm

### *Vibration Power Plate*

Time constraints are no longer an excuse. 10 minutes every other day using a vibration plate is all that is required. Using it will improve weight management and overall muscle tone.

**Members €2 Non members €5**



**Call (090) 963 0522**

Marina Point, Ballinasloe, Co.Galway,  
Email: [leisure.shearwater@carlton.ie](mailto:leisure.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  
★★★★

**LEISURE CLUB**

*Your Fitness  
Our Goal*

## Membership Prices

	Upfront	Direct Debit (Monthly)	6 months	3 months
Single	€540	€45	€270	€150
Couple	€900	€80	€500	€280
Family (2 kids 5-15yrs free)	€900	€80	€600	€320
Child (5-15yrs)	€100	–	–	–
Student (16+ ID required)	€350	€30	€175	–
Over 55s	€450	€37	€270	–
Pool only	€400	€34	€200	–



## Fitness Class Timetable

1 Hour 30 mins

	11:00am	12:00am	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm	8:30pm	9:00pm	9:30pm
<b>Monday</b>	Aqua			Pilates		Yoga		Abs Blast	Zumba	
<b>Tuesday</b>	Aqua		Sculpt n Tone		Pilates		Step n Tone		Aqua	
<b>Wednesday</b>				Abs Blast	Boxercise		TRX			
<b>Thursday</b>	Aqua				Pilates		Step n Tone			
<b>Friday</b>				Yoga						

## Prices

Per class  
Member €3,  
Non member €8

6 classes  
Member €15,  
Non member €40



**TRX**  
€3 for members  
€8 for non members



**YOGA**  
€10 per class



**PILATES**  
€70 for 6 classes



**ZUMBA**  
€50 for 6 classes

## Swimming Lessons Timetable

Adult Child

	10-11:00am	11-12:00am	4-5:00pm	5-6:00pm	8-9:00pm
<b>Tuesday</b>			Child Beginners 1 Child Beginners 2	Child intermediate Child advanced	Adult Beginner
<b>Wednesday</b>	Adult Beginner	Adult intermediate Adult advanced	Child Beginners 1 Child Beginners 2	Child intermediate Child advanced	Adult intermediate
<b>Thursday</b>					Adult advanced
<b>Sunday</b>	Child Beginners 1 Child Beginners 2	Child intermediate Child advanced			

## Prices

	Member	Non member
Adult 6 lessons	€55	€65
Child 6 lessons	€50	€60