

## WHAT OUR MEMBERS SAY

**Category:** 20+  
**Name :** Michael Swift (Connacht Rugby Player)  
**Activities:** Ross' Spinning Class  
**Review :** Active Fitness & Leisure Club offers an extensive range of equipment which plays a very important role in my training regime for Connacht Rugby. Whether it be an intensive workout with the resistance equipment and cardiovascular machines or a relaxing post match wind down in the therapeutic pool and jacuzzi, the facilities that the Club has to offer are second to none.

**Category:** 30+  
**Name :** Sally Malone  
**Activities:** Swim, Drop-in Centre, Gym  
**Review :** My kids enjoyed their swimming lessons at the Leisure Club so much I decided to take out family membership which we pay for through the convenient monthly debit facility. One of the fitness instructors took me through a comprehensive fitness assessment and developed a fitness programme for me. I've also recently started taking other fitness classes, which I get at a reduced rate because I'm a member of the club. As I'm a mother of young kids, the child drop-in centre is brilliant as it allows me to workout while the kids are entertained. There's a friendly atmosphere at the leisure club and I've no hesitation recommending it to others.

**Category:** 50+  
**Name :** Brian Hession  
**Activities:** Gym challenges, Pool, Relaxation  
**Review :** I have been a member of the Active Fitness & Leisure for more than 11 years and during that time the standard of management of the club has been consistently high. This, combined with a courteous, friendly, knowledgeable and helpful staff has been a key factor in any membership renewal. With various classes in the pool, gym challenges, etc there is something to suit all tastes. Coffee mornings and golf outings also help provide a social element to membership. All in all, a visit to the Club is a very positive experience.

**Category:** 60+  
**Name :** Eithne Egan  
**Activities:** Mature movers, Gym, Aqua-fit, Swim, Coffee morning  
**Review :** I have been a member of Active Fitness & Leisure Club for a number of years and it is a great facility to have in our city. The aqua-fit programme is excellent as it allows on to exercise with ease in the water. The 'Mature Movers' programme which was started this year is of great benefit to me as I find I have better flexibility and better muscle tone which leads to higher energy levels. All this would not be possible without the help of the excellent and friendly staff who work there. They also organise our monthly coffee morning which brings us all together for a chat. Long may it last!

FOR MEMBERSHIP DETAILS, CALL US TODAY

**091 381250**  
**www.activefitness.ie**

Carlton Hotel, Dublin Road, Galway City.

**active**  
**FITNESS & LEISURE**  
at the Carlton, Galway.

## OPENING HOURS

**Monday to Friday 7am – 10pm**  
**Saturday and Sunday 8am – 9pm**



More than a Health and Fitness Club...



Detach this voucher and present to Active Fitness & Leisure Club for your free trial.

# FREE TRIAL

ACTIVE FITNESS & LEISURE INVITES

NAME

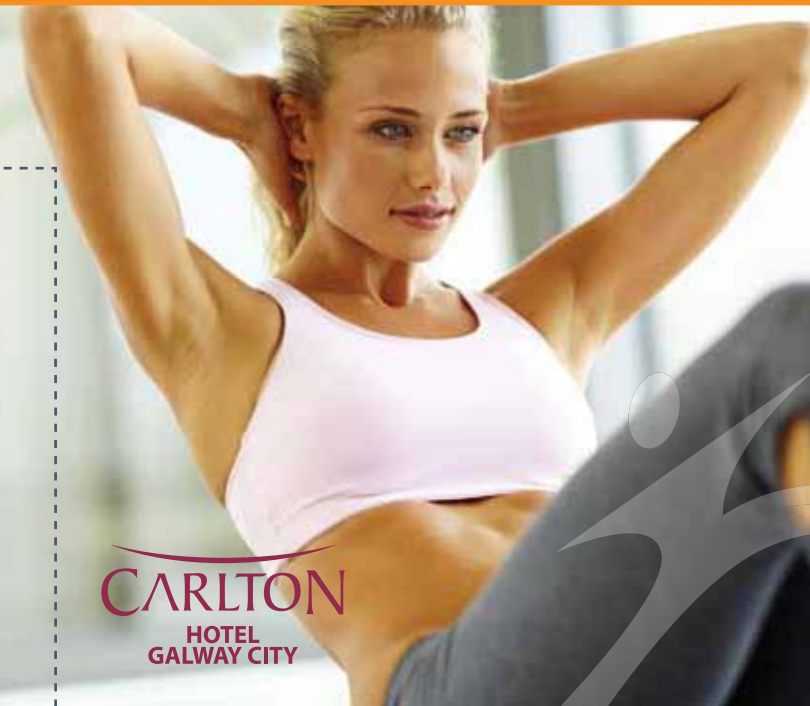
**To avail of a complimentary visit to enjoy our facilities.**

Please call the Club to arrange your trial visit.

**active**  
FITNESS & LEISURE

VALID UNTIL

**CARLTON**  
HOTEL  
GALWAY CITY



## IT'S ALL ABOUT YOU!

Welcome to Active Fitness & Leisure Club at the Carlton. The fitness club that takes pride in going the extra mile for you! On joining the Active Leisure Club, you will be introduced to our highly trained and experienced fitness team.

Whatever your goal, our team will ensure that you realise it – whether you want to get fit, lose weight, or simply take some time out, we will be with you every step of the way. Our luxurious 20 metre lifeguard attended swimming pool, sauna, steam room, jacuzzi and fully equipped extensive gym are guaranteed to improve your health and well being.

The gym at the Active Leisure Club boasts 50 pieces of top of the range cardiovascular and resistance equipment and your Personalised Fitness Programme will ensure that you are making the most of it.

Our instructors are professional and qualified but most importantly they are friendly and approachable, and will ensure that you are getting the best out of every visit to the club.

We offer a variety of memberships with something to suit everyone such as family, off-peak, student, active retired and more. You also have the option to pay up-front or by monthly direct debit.

## CLASSES

Members can also choose from a variety of classes on offer, many of which are free for members. As well as improving your fitness, classes are also a great way of meeting new people and having fun while you are getting fit.

An example of some classes available include spinning, total body tone, boxing circuits, aqua fit, swimming, hot yoga, dedicated children's swimming classes and many more...

Classes are subject to availability and activity programmes are subject to change.

## ACTIVE KIDS

**The Active Fitness and Leisure Club has a dedicated childrens pool (open until 8pm), because we recognise the importance of family time and providing children with healthy habits for life.**

Take the strain and the hassle out of organising your child's party and let us organise a fabulous swimming or activity based party. With incredibly competitive prices, let the Active Fitness and Leisure Club do the hard work while you relax!

With great family membership prices, for up to 2 adults and 3 children, available and membership free up until the age of four, there has never been a better time to start exercising together as a family. We have a comprehensive timetable of children's activities including swimming lessons, karate and splashdown available from beginners through to the advanced.

## SOCIAL ACTIVITIES

The Active Fitness & Leisure Club is much more than a Health and Fitness Club. It is an opportunity to get to know other members and to join in with some of the fantastic social events on the calendar.

### MONTHLY COFFEE MORNINGS

Our coffee mornings are held on the first Friday of every month and are a great opportunity for members to get to know each other and to chat to the staff in a relaxing atmosphere.

### GOLF SOCIETY

Our golf society welcomes players of all levels. With regular outings throughout the year, this is the ideal opportunity to perfect your technique.

### DROP IN CENTRE

The children's Drop-in Centre is open on Monday, Wednesday and Friday from 9:30am – 12:30pm and offers a great chance for busy Mums and Dads to have their morning workout while knowing their children are in a safe and fun environment.

### FUNDRAISING ACTIVITIES

Throughout the year, the leisure club team organises a host of fundraising activities such as Swimathons, Quiz nights, fitness challenges and more! Your chance to give back to the local community.

