

Monday

Aqua 9.30am

Boxfit 10.15am

Body pump 6.15pm

Spin 7.15pm

Wednesday

Aqua 9.30am

H.I.I.T 10.15am

Body pump 6.15pm

Spin 7.15pm

Friday

Spin 6.15am

Aqua 9.30am

Cardio Blast 10.15pm

Tuesday

Spin 6.15am

Body pump 9.30am

Pilates 10.15am

Pilates 6.15pm

Boxfit 7.15pm

Thursday

H.I.I.T 9.30am

Pilates 10.15am

Pilates 6.15pm

Cardio Blast 7.15pm

Classes are
€10 per class
or buy a Class Card
which is **10 passes**
for **€70**

FOR BOOKINGS:

- Morning class ring the night before to book in.
- Evening class ring in the day of the class.

**All classes must have a minimum of 3 persons to go ahead.*

(059) 915 3838

Day Pass
€15

	1 Month	3 Month	6 Month	12 Month
Single	€70	€160	€300	€580
Couple	€130	€300	€580	€1,140
Family (2 Adults/ 2 Kids)	€150	€320	€600	€1,160
Over 65's Single	€60	€135	€250	€480
Over 65's Couple	€100	€250	€480	€940
Student	€60	€135	€250	€480
Corporate	€60	€135	€250	€480
Pool Only	€60	€135	€250	€480

**Direct Debit
Memberships
available at €50
per month!**

- €50 per month
- €20 setup fee
- 1 month payment up front
- Minimum 4 month membership required

(059) 915 3838
talbotfitness@talbothotelcarlow.ie

Why Join?

- Fully Equipped Modern Gym!
- Newly Renovated Changing Rooms!
- 20m Pool!
- Jacuzzi & Scandinavian Saunas!
- Array of Fitness Classes!
- Regular Member Appreciation Events!

Terms & Conditions

- 3/6/12 Month Memberships require up-front payment.
- Minimum of 10 Memberships required to avail of Corporate Rate.
- Student ID required to avail of Student Rate (full time 3rd level education).
- €20.00 Supplement per month per child on a Single/ Couple/ Family Membership.
- Children are considered those under 16 and must be accompanied by an adult at all times.