

Health Club Membership Rates 2026

Full Peak Membership	3 Months (Prepaid)	6 Months (Prepaid)	12 Months (Prepaid)	12 Months Monthly Direct Debit
Single	€205	€441	€688	€65
Couple	-	€782	€1,247	€121
Family: 2 Adults & Up to 3 Children (Aged 4- 15yrs)	-	€1,071	€1,831	€163
16-17yrs	-	€275	€535	€47
18-25yrs / Full Time Student	-	€315	€548	€51
Pool Only Membership				
Single Pool Only	-	€294	€404	€40
Couple Pool Only	-	€462	€688	€68
Child 4-15	-	€198	€326	€33
Over 60's Membership (Monday – Sunday)				
Single	-	€315	€444	€44
Couple	-	€504	€756	€74
Off Peak Membership (Mon – Fri 9am-5pm)				
Single	-	€315	€444	€44
Couple	-	€504	€756	€74

Couple: Refers to partners & immediate family living at the same address.

Family: Refers to two adults & up to 3 children aged 4-15yrs. Immediate family only. Sub child refers to any additional children on a family membership aged 4-15yrs

Direct Debit: The direct debit option consists of a monthly payment through the bank. Adjustments to payments and cancellations can only be made before the end of a month and must be notified to the Health Club Manager in writing.

Student Membership: Must provide student card.

16-25yrs: Must provide proof of age/i.d.



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FBD HOTELS & RESORTS



Terms and Conditions of Membership

- a) Club management reserve the right to introduce price changes. All members will be sufficiently notified in advance.
- b) Additional rules and regulations which are necessary for the more efficient running of The Club can be introduced at the discretion of management at any time.
- c) Application forms must be completed and returned to the Health Club Manager along with payment for the relevant membership. These documents will be forwarded to the Membership Committee for ratification and acceptance. No application will be confirmed until all monies are paid & the Management Committee has accepted the application. No refunds will be issued under any circumstances unless the membership is not accepted.
- d) Club management reserve the right to refuse membership, cancel a membership or refuse renewal of membership at the start of a new year.
- e) On joining members will be issued with a membership card which remains the property of the Club at all times. If the card is lost or stolen this must be reported and a replacement fee of €5 is payable. Members must produce their membership card on arrival.
- f) Membership is strictly non-transferable.
- g) In the interests of safety management reserves the right to refuse admission should overcrowding occur at peak times.
- h) Management reserves the right to change the facilities available to members, or close the facilities at any time should the need arise.
- i) Smoking, Cameras, pets, use of video recorders or any recording device are prohibited in all areas of The Club.
- j) All members and guests must adhere to the strict rules of conduct. Any grievances must be addressed to the Health Club Manager directly.

Direct Debit Payment Option Direct Debit

Payments are for a minimum of one year. If you wish to terminate your membership you can do so in writing at the end of each 12 month period. Payments roll on automatically each month unless notified.

If any monthly membership fee is returned unpaid or if any other form of payment is not honoured, we will send you an email informing you of the bounced payment. You will have 72 hours to make payment before your access is suspended. You will be required to make payment at reception by credit card/ debit card within 21 days to reactivate access and avoid paying a charge fee of €25 or you can inform us the payment will come out the following month.

Monthly Memberships can be paused for a fee of €5.00 per month.

If your membership is not renewed by/on the specific renewal date, your membership will be deemed to have lapsed and you will not be allowed access to the gym without payment.

Membership cancellation fee €35.00

Health Club Classes

Classes will be available on a complimentary basis for all members. Selected classes are available on a pay per class basis, subject to T&C's. Please inquire at reception. Management reserves the right to alter the classes offered and times of classes at their discretion.

Guests and Children

Members may bring up to one guest at any one time to use the Health Club and shall be responsible for the conduct of their guest. The fee per adult is €15 (Health Club Access only) and €10 per child and is payable on entry to The Club. Guests must complete a health history questionnaire before their first use of The Club and an induction before their first use of the Fitness Suite, pre booking essential. Access for guests of members is strictly subject to availability. There is no access for Children to Fitness Suite, Spa Pool, Sauna and Steam Room, this is restricted to those 16 years and over. Individuals aged 16-17 are eligible for membership only where a parent or legal guardian holds an active membership. The parent or guardian must accompany the minor and remain present at all times while the 16-17 year old is using the gym facilities.

Induction

All first time users of the Fitness Suite must complete a mandatory induction before use which must be pre-booked.

Fitness Suite & Swimming Pool

Swim wear and flip flops must be worn in all wet areas and bathing caps must be worn in the Swimming Pool. The correct attire & footwear must be worn in the Fitness Suite – swim wear is not to be worn in this area. All members are advised to seek medical advice before embarking on a Fitness programme at The Club. The fully qualified staff will carry out a full fitness assessment on all members at their request before devising a fitness programme for them. Persons suspected to be under the influence of alcohol or drugs will be refused admission. Management will not take responsibility for personal belongings that are lost or stolen in The Club. Lockers in the changing rooms must be used and locked at all times.

10% Discount on Spa Products

- Discount only available to member off full brochure price.
- Discount not available on promotional items.

10% Discount on Spa Treatments

- Discount only available off to member full brochure price.
- Discount not available on promotional treatments.
- Treatments are subject to availability and must be pre-booked.

Off Peak Membership

- Use of club restricted to the hours Mon-Fri 9am-5pm strictly.

Walking Trail

- Walking Trail membership is a stand alone membership. It does not include use of the Health Club facilities & benefits listed overleaf. Walking Trail membership must be paid up front on the day of joining and membership is solely for that members use.

10% Discount on Food Menu in Seven and Blakes Restaurant:

- Discount Applies to Members Portion of Food Bill. Beverages not included