



AT LIMERICK STRAND HOTEL



JOIN US TODAY !

FACILITIES INCLUDE...

- Full Suite of Pools including 20m swimming pool, Ice Cold Plunge Pool, Hydrotherapy Pool and Kiddies Pool
- Spa Jacuzzi
- Poolside showers
- Free weights and muscle weights machines
 - Cardio machines
- Air Conditioned Gym
- Family Changing facilities
- Kiddies swim times available
- Free high speed Wifi
- Swedish Sauna
- Eucalyptus Steam Room

MEMBER BENEFITS

- Extended opening hours
- Personalised fitness plans
- Personal Trainer available
- Up to 3 hours free parking
- 10% Discount on food in our River Restaurant

For enquiries call 061 421 850 or email energize@strandlimerick.ie

Pre Booking for Health Club visits is essential

Book online at www.strandlimerick.ie/energize-health-club