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Personal Trainer is offering a personal one to one training session to motivate and achieve

Personal goals, guaranteed results! Bookings can be made directly with the Ormonde Leisure Club

Swimming Lessons

Vicki O Donoghue is a F.I.S.T.C qualified and has a wealth of experience and Knowledge with all levels of swim teaching. Lessons are for Children and Adults from AB' Beginners to Advanced. Classes are also open to Non - Member adults only. Bookings can be made by contacting Health Club Reception

Gift Vouchers available

**KO Spa Direct Line
056-7750207**

Facilities available at Kilkenny Ormonde Leisure Club

- 21 Metre Deck Level Pool
- Kiddies Pool
- Jacuzzi
- Sauna
- Steam Room
- Experience Showers
- Spacious Locker Rooms
- Aerobics Studio
- Extensive range of Cardio & Resistance Equipment

Opening Hours

Mon - Fri 7.00am - 10.00pm

Sat, Sun & Bank holidays

8am - 8pm

Facilities close down 30 mins prior to full closing

Kids Hours

Mon - Thurs 9am - 6.30pm

Fri - Sun & Bank Holidays

9am - 7.30pm

Ormonde Street
Kilkenny

Phone: 056-7723927

Email:

ormondeleisure@eircom.net

Kilkenny Ormonde Leisure Club & KO Spa





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Single Membership €600 (over 18 yrs)

Buy any Single Membership & Get the 2nd Half Price €900

No Joining Fee on Direct Debits (Terms & Conditions Apply)

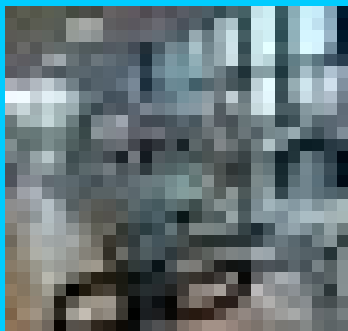
Over 50's €410

Over 60's €310

Family Memberships

2 Adults & 3 Kids €1300

Other Memberships also available



Membership Category	Annual Subscription	Six Months Subscription	Direct Debit Monthly
Single (over 18)	€600	€370	€57
Couple	€900	n/a	€95
Family (3 Kids u-12)	€1300	€700	€113
Junior (13-16)	€230	€146	€19
Child	€126	€78	€11
Corporate	€495	€320	€45
Full Time Student	€410	n/a	€35
Golden (over 50)	€410	n/a	€35
Golden (over 60)	€310	n/a	€27
Rugby Club	€495	n/a	€45
Off Peak	€495	n/a	€45

• All Direct Debit membership options include two months instalments up Front

• The first month & the final month

• One Month notice is required if you wish to cancel your membership

Monday

Aerobics 10am - 10.45am
Spin Blast 6.00 - 6.45pm
Aqua Fit 7.00 - 7.45pm

Tuesday

Ab Blast 8am - 8.30am
Core Stability 10.30am - 11.15am
Spin Blast 6.00am - 6.45pm
Pregnancy Aqua 6pm - 6.45pm
Pregnancy Yoga 7.00pm - 7.45pm

Wednesday

Boxerise 10.00am - 10.45am
Spin Blast 6.00am - 6.45pm
Aqua Fit 7.00pm - 7.45pm

Thursday

Spin Blast 7.15 - 8.00am
Core Stability 10 - 10.45am
Ab Blast 6.00 pm - 6.30pm
Boxerise 6.30pm - 7.15pm

Friday

Beginner Spin Blast 10am - 10.45am
Spin Blast 6.00 - 6.45pm
Aqua Fit 7.30 - 8.15pm

Members €3.20
Non-Members €6.20