

Fantastic Membership Rates!

Offer available until the 15th of February 2009



zest

Health & Fitness

@THE KILLESKIN HOTEL

€415 Peak Annual Membership (up-front payment)
or **€39 per month direct debit for 12 months**
Call Valerie or any member of the Zest team now!



Opening Hours: 6.30am – 10pm, Monday to Friday | 8am – 8pm Saturday, Sunday & Bank Hols
Children's Hours 6.30am – 7pm, Monday to Sunday.

Zest - Offering you everything for your health and fitness



zest

Health & Fitness

@THEKILLESHTINHOTEL

- 18 Metre Swimming Pool
- Separate Children's Pool
- Steam Room
- Jacuzzi
- Sauna
- State of the art Cybex Gym
- Resistance and Free Weights
- Personal Training
- Fully qualified and dedicated staff
- Aerobics Studio
- Classes - Step, Spinning, Aqua Fit, Pilates, Yoga
- Swimming Lessons Children and Adults, One to One and Group Lessons Available
- Direct Debit facilities available
- Complimentary Underground Car Parking

Tel 057 863 1219

Dublin Rd | Portlaoise | Co. Laois | Email zest@thekilleshin.com

WWW.THEKILLESHTIN.COM