

# HealthSteps Gold and Silver

## Leisure Centres

	Discount	Location	Phone
<b>Cavan</b>			
Bailieborough Swimming & Leisure Centre	10%	Bailieborough	042 - 9666644
The Body Studio	25%	Farnham St.	049 - 4371550
<b>Carlow</b>			
Riverside Health & Fitness Club	10%	Carlow	059 - 9143909
Mount Wolseley	15%	Tullow	059 - 9151674
<b>Clare</b>			
Clare Inn Golf and Leisure Centre	10%	Newmarket on Fergus	061 - 368161
O'Neills Health Club	15%	Kilkee	065 - 9060945
West County Leisure Centre	10%	Ennis	065 - 6828421
Woodstock Health & Fitness Centre	10%	Ennis, Co Clare	065 - 6846610
<b>Cork</b>			
Body Focus Ireland	15%	Douglas	021 - 4291270
Carrig Court Health & Fitness	10%	Fermoy	025 - 32570
Christy's Fitness Club	10%	Blarney Woollen Mills Hotel, Blarney	021 - 4385011
Donnybrook Health Studio	15%	Douglas	021 - 4364997

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Easy Gym	10%	Douglas Court S.C	021 - 4362209
Leisureworld Bishopstown	10%	Bishopstown	021 - 4346505
Locker Room Fitness Club	10%	25 Washington Street	
Mayfield Sports Complex & Fitness Centre	15%	Old Youghal Rd	021 - 4505284
Quality Hotel and Leisure Centre	10%	Shandon	021 - 4551793
Rochestown Park Hotel & Leisure Centre	10%	Cork	021 - 4892233
Westlodge Hotel & Leisure Centre	10%	Bantry	027 - 50360
Ultimate Fitness	10%	Midleton	021 - 4639410
Ultimate Fitness	10%	Ballincollig	021 4810830
Ultimate Fitness	10%	Kinsale Road Roundabout	021 - 4966904
Ultimate Fitness	10%	Blarney	021 - 4382501
The Blitz	15%	Midleton	021 - 4621589
The Blitz	15%	Charleville	063 - 21605
<b>Donegal</b>			
Ballyshannon Leisure Centre	15%	Ballyshannon	071 - 9852818
Central Hotel Leisure Centre	15%	Donegal Town	074 - 9721027
Jackson's Hotel & Leisure Centre	10%	Ballybofey	074 - 9131021

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Mill Park Hotel & Leisure Centre	10%	Donegal Town	074 - 9722880
Tara Hotel	10% excl 12 month special offers	Killybegs	074 - 9741600
<b>Dublin</b>			
Bodylab	10%	Balbriggan	01 - 8415845
Butterfield Health & Fitness Club	15% (6 & 12 month membership)	Rathfarnham	01 - 4939930
Complete Personal Training	10% off training sessions	Glenhook, Ardeevin Rd., Dalkey	086 - 4080951
Coolmine Sports & Leisure Centre	15%	Clonsilla	01 - 821 4550
Dundrum Gym,	15%	Dundrum	01 - 298 4050
Eden Fitness Club	20% on annual fee	Dublin 12	01 - 4198637
Fitzpatricks Fitness Centre	10%	Killiney, Co Dublin	01 - 2305561
Infit Health Group	10%	7 Ravenswood View, Castaheany, Dublin 15	01 - 8225249
Infit Health Group	10%	275 Glasnevin Avenue, Dublin 11	01 - 8569739
Lucan Sports Leisure Centre	20%	Dublin	01 - 6241930
Newpark School Sports Centre	10%	Newtown Park Ave	

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		Blackrock	
Phibsboro Gym	15%	20 Phibsboro S.C.	01 - 8301849
Sphere's Squash & Gymnasium Club	15%	Dublin 12	01- 4551021
Top Level for Health	10%	Skerries	01 - 8490888
Westpark Fitness	15%	Tallaght	01 - 4626911
West Wood Club (Leopardstown)	Reduced joining fee of €90	Leopardstown Race Course, Foxrock	01 - 2893208
West Wood Club (Fairview)	Reduced joining fee of €90	Clontarf rd, Fairview	01 - 8530353
Escape Health & Fitness, Lynchs Green Isle Hotel	15%	Dublin 22	01 4593411
<b>Galway</b>			
Ardilaun House Hotel & Leisure Centre	10%	Taylor's Hill	091 - 521433
Core Fitness Claregalway Hotel	20%(discount applies to the annual gold membership only)	Claregalway Village	091 - 738220
Galway Bay Hotel & Leisure Centre, Galway	15%	Salthill	091 - 520520
Galway City Gym Ltd	15%	Town Park Centre	091 - 752666
NRG Health & Leisure Centre	10% (discount applies to the annual fee only)	Clybaun Hotel, Galway	091 - 585800

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Ocean Fitness Club	10%	Salthill Hotel, Salthill	091-548888
Oranmore Lodge & Leisure Centre	10%	Galway City	
Peak Physique	10%	Headford Rd	091 - 569336
Club Vitae Health & Fitness Club	10%	Oranmore	091 - 792434
Shannon Oaks Hotel & Country Club	10% (including no joining fee)	Portumna	090 - 9741777
Ultimate Fitness	10%	Ballybritt	091 - 769800
<b>Kerry</b>			
Aquila Club Gleneagle	15%	Killarney	064 - 34063
Castlerosse Hotel & Leisure Centre	10%	Lakes of Killarney, Kerry	064 - 31144
Dingle Skellig Leisure Centre	15%	Dingle	066 - 9150200
Holiday Inn Killarney Leisure Centre	15%	Killarney	064 - 33000
Killarney Towers Hotel Health & Leisure Centre	15%	Killarney	064 - 31038
Killorglin Community Sports & Leisure Centre	10%	Killorglin	066 - 9761755
Physique Fitness Studio	15%	Chapel PI	064 - 35455
Randles Court Hotel & Leisure Centre	10%	Killarney	064 - 35333
Sporty's Town Gym	10%	Killarney	064 - 32333
Ultimate Fitness	10%	Kenmare	064 - 40230

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<b>Kildare</b>			
Clane Health & Leisure Club	10%	Clane	045 - 982823
Ladies Workout Express	10%	Clane	045 - 892936
Gables Guest House & Leisure Centre	10%	Newbridge	045 - 435330
Transform Health & Fitness Club	10%	Rathangan	045 - 528732
<b>Kilkenny</b>			
Euro Gym Fitness Centre	15%	New Street	056 - 7723666
Kilkenny Ormonde Leisure Club	20%	Ormonde St	056 - 7723927
River Court Hotel & Leisure Centre	15%	John Street	056 - 7723388
Kilkenny Active Health & Fitness Club	10%	Hotel Kilkenny	056 - 7762300
<b>Laois</b>			
The Heritage health & Fitness Club	10%	Portlaois	0502 - 78588
The Maltings Health / Fitness Club	15%	Coote St, Portlaoise	0502 - 21216
<b>Leitrim</b>			
No participating gyms as yet			
<b>Limerick</b>			
Radisson SAS Hotel & Spa	15%	Ennis Road	061- 456299
Jury's Hotel & Leisure Centre	10%	Ennis Road	061 - 327777
Quay Leisure Centre	10%	Howleys Quay, Henry	061 - 415344

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		Street	
MK Fitness	50% on 1yr individual	Dock Road	061 - 400499
Raheen Health & Leisure Centre	15%	Raheen	061 - 225354
Sanovitae Health & Fitness	10%	Steamboat Quay	
Shapemaster	10%	56 Thomas Street	061 - 314439
Southcourt Leisure Centre	15%	Raheen roundabout	061 - 487430
University Arena Sports Complex	15%	University of Limerick, Limerick	061 - 213555
Fitzgeralds Woodlands House Hotel & Health and Leisure Club	15%	Limerick	061- 605111
<b>Longford</b>			
Co Longford Sports and Leisure Complex	10%	Glebe	043 - 46431
<b>Louth</b>			
Fitness Solutions	20%	John Street, Ardee	
A Lady's Pace	15% on 6 & 12 month contracts	Drogheda	041 - 9871630
Lifegym	10%	Dundalk	042 - 9354992
The Gym	10%	Dundalk	042 - 9326080
<b>Mayo</b>			
Atlantic Coast Hotel & Leisure Centre	20%	Westport	098 - 29000

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Castle Leisure Club	15%	Castlebar	094 - 26749
Hotel Westport Leisure Centre	15%	Westport	098 - 50006
The C Club Leisure Centre	20%	Westport	098 - 55000
Westport Leisure Park	20%	James Street	098 - 29160
Mount Falcon	25%	Ballina	096 - 23109
The Blitz	15%	Ballina	096 - 24669
<b>Meath</b>			
No participating gyms as yet			
<b>Monaghan</b>			
Body Planet Gymnasium/Health Centre	15%	Castlebayney	042 - 9751515
Body Wise Fitness & Health	15%	Plantation	047 - 72890
<b>Offaly</b>			
No participating gyms as yet			
<b>Roscommon</b>			
No participating gyms as yet			
<b>Sligo</b>			
Beach Hotel & Leisure Centre	15%	Mullaghmore	071 - 9166103
Riverside Hotel & Leisure Centre	10%	Sligo	071 - 9148080
Yeats Country Hotel & Leisure Centre	15%	Rosses Point	071 - 9177688



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<b>Tipperary</b>			
Beeches Gym, Beauty and Nutron Clinic	15%	Nenagh	067 - 33636
Canon Hayes Sports Centre	15%	Tipperary Town	062 - 52022
Glebe Lane Studios	10% on 3, 6 & 12 monthly membership.	Nenagh	067 - 33211
Knocklofty Leisure Centre	15%	Clonmel	052 - 38302
Powerhouse Gym	15%	Thurles	0504 - 23897
<b>Waterford</b>			
The Estuary Club, Faithlegg House Hotel	10%	Faithlegg	051 - 382000
Splashworld	15%	Tramore	051 - 390176
<b>Westmeath</b>			
Mullingar Health & Leisure Centre	10%	Mullingar	044 - 40949
Peak Physique	10%	Athlone	090 - 6493184
Bloomfield House Hotel & Leisure Club	10%	Mullingar	044 - 42132
<b>Wexford</b>			
Ashdown Park Hotel	12%	Gorey	055 - 80500
Pines Hotel & Leisure Complex	15%	Enniscorthy	054 - 83600
The Blitz	15%	Gorey	055 - 84633
Whitford Leisure Club	10%	Whitford Hotel, Wexford	053-9140404

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<b>Wicklow</b>			
Buns & Tums Fitness Studio	15%	Bray	01 - 2745325
Coral Leisure Centre	10%	Wicklow Town	01 - 2960036
Corna Bay Leisure Centre	15%	Brttas Bay	0404 - 47228
The Leisure Centre, Glenview Hotel	10%	Delgany	01 - 2873399

## Health Spas

Health Spa / Farm	Location	Discount	Phone
The Buff Day Spa	Dublin 2	10% of any treatment	01 - 6774624
Temple Country House & Spa	Moate, Co. Westmeath	5% off the cost of midweek residential breaks	057 - 9335118