

HealthClub

THE KINGSLEY HOTEL, CORK

The Kingsley Health Club is the premier health club in Cork providing world class facilities and the highest level of service. We focus on the needs of the individual and deliver the results. Whether you are looking for weight loss, motivation, strength training, sports specific training, relaxation, toning or general wellbeing, we have the resources and the skill to help you achieve those goals.

At the Kingsley Health Club, we are committed to continually providing the best facilities available which include:

- Gymnasium featuring extensive range of cardiovascular equipment
- Resistance Training Equipment
- Dedicated Free Weights Area
- Group Exercise Studio
- Spinning Studio
- Kinesis Studio
- 18 metre Heated Pool
- Children's Shallow Pool
- Sauna
- Steam Room
- Jacuzzi
- External Marble Hydro Pool
- Personal Training
- Computerised Health Testing
- Exclusive Thermal Suite

Membership Type	Subscription	Direct Debit(€)
Lifestyle		
Individual	1,000	84
Couple	1,700	142
Leisure		
Individual	765	64
Couple	1,255	105

Health Assessments

We offer scientifically based health assessments as part of your membership to help you reach your goals

Trainers

Our trainers are of an international standard and are always on duty to answer any health and fitness question you may have or to offer advice.

Event Training

Our trainers are experienced in the delivery of training programmes for such diverse activities as triathlon, marathon, skiing, golf, cycling and all team sports.

Yoga

Classes are run through our Ayurvedic Spa, Yauvana.

Classes

Complimentary classes including Pilates, Spinning and Kickbox!

"Focusing on the individual, delivering results"



The Kingsley Hotel, Health Club, Victoria Cross, Cork, Ireland

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Yauvana Spa at the Kingsley Hotel is Ireland's first Ayurvedic lifestyle spa. Book a treatment and meet Dr. Anu & her team of therapists to discover the Indian delight that is *Ayurveda*.

Our philosophy is to recommend personalised specific treatments that will compliment our guests' lifestyles with follow-on advice on how to incorporate this approach into everyday life.

Here is a sample of the wonderful Indian treatments you can experience through Ayurveda:

- **Shirodhara** (Unique to Ayurveda this treatment calms the nervous system and relaxes the mind)
- **Pizhichil** (Classified in India as a "royal" treatment, the most luxurious massage with two therapists)
- **Navarakizhi** (An exotic treatment where warm medicated herbal packs are used to apply soft pressure to your body)
- **Abhyangham** (This is a deeply relaxing whole-body massage with warm herbal oils)

The facilities include 12 dedicated Treatment Rooms and an Ayurvedic Consultation Room. Guests can also experience heat light therapy, a highly energising spa pool with air and water jets in-built, Hamam, Experience Showers, Thermal Suite, Caladarium and the outdoor Hydropool with stunning river views.



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