

HalcyonSpa AND HEALTH CLUB

Burren Coast Hotel
Ballyvaughan
Co. Clare



GET INTO SHAPE FOR 2009!!

Increase your energy levels
tone your body &
improve your overall wellbeing
with State of the Art
Cardiovascular Equipment
& Personal Fitness Instructor

OPENING HOURS

MONDAY ~ FRIDAY 8am ~ 9pm

SATURDAY & SUNDAY 9am ~ 6pm



Phone +353 (0)65 7083000
Web www.burrencoast.ie
Email halcyonspa@atlantisgroup.ie



Welcome to the Halcyon Health Club

- State of the art Life Fitness
Cardiovascular equipment
- Full range of resistance equipment
- Fitness assessments
- Steam Room
- Sauna Facilities
- Full personalised programme to
suit your goals and capabilities
- Fitness assessments every 8 weeks
to keep your programme fresh,
up to date and help keep you motivated.

Facilities also available include:

Hydro Therapy Bath with Infra Red Therapy
& Sports Injury Massage

GYM RATES: **NEW FOR 2009!!**

Gym Rates can be customised to suit your
needs. We offer a variety of packages,
from annual rates to monthly & day rates
including use of the *Thermal Suite*.



Please contact us for more information

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