



FOTA ISLAND  
FITNESS



# FITNESS

At Fota Island Resort, we offer a wide range of classes & courses including an outdoor bootcamp, spinning, and personal training. Whether you are preparing for a marathon, need assistance losing weight, or simply want to tone up for that special occasion, the Fota Island Fitness Team have the expertise and passion to help you achieve your fitness goals.

## FACILITIES

### Swimming Pool

Within the tranquil setting of Fota Island Spa you will find our large indoor heated swimming pool, complete with sauna, jacuzzi, relaxation area, and children's pool. *Swimming pool is available to hotel guests and members only.*

### Gymnasium

One of the main features of Fota Island Fitness is the fully equipped and spacious gym, complete with TechnoGym and Life Fitness equipment including weight machines, rowing machines, cross trainers, stationary exercise bikes, treadmills, and a selection of free weights. *Gym is available to hotel guests and members only.*

### High Performance Gym

The High Performance Gym is located adjacent to the Fota Island Training Facility and offers teams a full range of top class fitness equipment to allow players to maintain their peak physical condition during their stay at Fota Island Resort. The gym contains the latest in fitness equipment including squat racks, Functional Trainer, two TRX units, stability balls, dumbbells, adjustable benches, kettlebells, and medicine balls.

## PERSONAL TRAINING

Our personal training programmes are held in our High Performance Gym which offers a wide range of equipment. Each personal training programme is customised to cater for your needs and personal goals. Your highly skilled and experienced personal trainer will be with you every step of the way to motivate and ensure that you enjoy reaching your fitness goals. We will also provide weekly body composition analysis and nutritional advice to ensure you get the results that you deserve.

As a bonus, when you avail of your first block of Personal Training or Buddy Training sessions, you will receive complimentary passes to five fitness classes.

### One-to-One Personal Training

6 x 60 mins or 8 x 45 mins

Choose a schedule that will best suit your daily routine with the option of either six 1 hour sessions or eight 45 minute sessions. Weight management and nutritional advice will also be included.

### Buddy Training

6 x 60 mins

Train with your friend/partner and motivate one another to excel. This is a three week course with two 1 hour sessions per week (six sessions in total). Weight management and nutritional advice will also be offered.

## Fitness Classes

*A range of fitness classes are also available. Our full fitness timetable can be viewed on the website [www.fotaisland.ie](http://www.fotaisland.ie)*

Fota Fitness offers a wide variety of fitness classes including Spinning, Bootcamp, and Circuits that are sure to challenge and motivate you. Whether you're a complete beginner or looking to add to your current exercise regime, our fully qualified fitness instructors and personal trainers are here to help. Class timetables are changed seasonally and are open to members and non-members. To view the current timetable visit

[www.fotaisland.ie](http://www.fotaisland.ie)

*All classes are held in the Recreational Building, situated within the Aviary Lodges.*

For more information on fitness and personal training:

**T:** +353 (0)21 467 3131

**E:** [fitness@fotaisland.ie](mailto:fitness@fotaisland.ie)





## *spa membership &* **OPENING HOURS**

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### OPENING HOURS

#### Fota Island Spa

Monday to Saturday 7.00am – 9.00pm  
Sunday & Bank Holidays 8.00am – 8.00pm

#### Treatment Times

Monday to Friday 9.00am – 7.00pm  
Saturday & Sunday 9.00am – 6.00pm

#### Children's Pool Times

Monday to Sunday  
9.00am – 11.00am  
4.00pm – 6.00pm

#### School Holidays

Monday to Sunday  
9.00am – 12.00pm  
4.00pm – 7.00pm

*Please note: These times are subject to change.*

The swimming pool is open to members and guests of the hotel. Spa guests have access to the Hydrotherapy and Thermal Suites.

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### YOUR BOOKING

Advance booking prior to your intended treatment time is essential. To make an appointment or to discuss the perfect treatment for you please contact Fota Island Spa. Spa bookings can also be made online by visiting [www.fotaisland.ie](http://www.fotaisland.ie)

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### FOTA ISLAND SPA MEMBERSHIP

An exclusive membership, which offers a variety of options, is available at Fota Island Spa. The spa has a fully equipped and spacious gymnasium, with a large indoor heated swimming pool, a relaxation area, and a children's swimming pool. In addition, membership entitles you to full access to the Spa's Hydrotherapy and Thermal Suites. Your membership is complemented by the vast array of amenities and facilities, including discounts on an array of products and services the resort has to offer. Enjoy this tranquil retreat daily; an elegant and relaxed place where life seems to run at a more leisurely pace.

If you are interested in more information regarding spa membership or would like to make a spa booking, please email us on

[spa@fotaisland.ie](mailto:spa@fotaisland.ie) or call us directly on  
**+353 (0)21 467 3131.**



# terms & CONDITIONS

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## GIFT VOUCHERS

An ideal present to treat yourself or that someone special to a gift voucher for any treatment, half and full day spa packages, or our vast array of retail products. Gift vouchers are non-refundable and must be presented at time of treatment or purchase. Vouchers can be purchased at reception areas or online at [www.fotaisland.ie](http://www.fotaisland.ie)

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## LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

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## CLOTHING

Swimwear is mandatory in the communal suites and pool area. Swim hats are mandatory in both the swimming and hydrotherapy pools.

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## MINIMUM AGE

To maintain a peaceful environment, children under 18 years are not permitted in the Spa or Fitness Suite at any time. Children are permitted to use the swimming pool during allocated hours only.

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## CANCELLATION

Cancellation within 12 hours of the treatment will incur a 100% charge, cancellation within 24 hours will incur a 50% charge.

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## MEETING YOUR NEEDS

Prior to your arrival, we ask you to kindly complete an online consultation form. You will be provided with a robe, towel, slippers, and a locker.

We would encourage all our spa guests to arrive at least forty five minutes prior to their appointment to enjoy the exclusive facilities at Fota Island Spa.

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## PREGNANCY / HEALTH

When making your reservation please advise the receptionist if you are pregnant or have any health issues which could affect your treatment. This will enable us to guide you through the best and most suitable options available for you.

*Please note: Spa maternity treatments are suitable for expectant mother past their first trimester.*

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## PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. Turn up and enjoy! For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

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## PRIVACY

Your privacy will be protected at all times. Your therapist will ensure that you are draped with towels, covering all parts of the body not being treated.

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## SPA ETIQUETTE

To preserve the harmony within the spa, we kindly ask you to turn off your mobile phone. Our Thermal Suite and Sanctum Relaxation are Quiet Zones and we appreciate your co-operation with this to maintain a tranquil experience.

**E:** [spa@fotaisland.ie](mailto:spa@fotaisland.ie)

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