



FOTA ISLAND  
FITNESS

GET FIT AT  
FOTA ISLAND  
RESORT

# FITNESS

At Fota Island Resort we offer a wide range of classes ranging from swimming lessons to outdoor boot camps, 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.

## PERSONAL TRAINING

Our personal training programmes are held in our High Performance Gym, which offers a wide range of equipment. Each personal training programme will be specifically 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 you and ensure that you enjoy reaching your fitness goals. We will also provide weekly body composition analysis and nutritional advice to ensure that you get the results that will make all your friends envious.

### One-to-One Personal Training 6 x 60 mins or 8 x 45 mins | €270pp

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. As a bonus, for your very first six sessions you will also receive complimentary passes to five fitness classes.

### Buddy Training 6 x 60 mins | €175pp

Train with your friend, motivate each other and just have fun together! 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. As a bonus, you will also receive complimentary passes to five fitness classes.

### Boot Camp Classes 6 weeks 12 sessions | €95

Our professionally trained instructors create an informal mixture of fun, team spirit and a bit of hard work aimed to improve fitness and forge new friendships, all set against the stunning backdrop and scenic landscape of Fota Island Resort. With personal instruction, participants benefit from increased cardio-vascular fitness, increased lean muscle mass, decreased body mass index, decreased waistline and improved physique.

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

### Swimming Lessons 5 x 30 mins | €135pp

The Fota Island Spa's 18 metre pool is the perfect location to learn to swim or improve your stroke. We offer private one-to-one sessions for both children and adults, all taught by our experienced professionals.

## FACILITIES Tennis Club Membership

The Fota Island Tennis Courts are located in the midst of the peaceful setting of Fota Island Resort and comprise two floodlit astroturf courts. Whether you are a recreational tennis player or competitive enthusiast, the Fota Island Tennis Club provides you with the ultimate platform to improve your game, boost your fitness levels, and meet others who share your passion for the sport. If you are interested in more information regarding our tennis membership, please e-mail: [tennis@fotaisland.ie](mailto:tennis@fotaisland.ie)

## Swimming Pool

Within the tranquil setting of Fota Island Spa you will find our large indoor heated swimming pool, complete with relaxation area and children's pool.

*Swimming pool facilities are only available to hotel guests and members.*

## Gymnasium

One of the main features of Fota Island Fitness is the fully equipped and spacious gym, complete with and Technogym and Life Fitness equipment including weight machines, rowing machines, cross trainers, stationary exercise bikes, treadmills and a selection of free weights.

## 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.

## Spin Academy

The Spin Academy is located adjacent to the Fota Island Training Facility and features twenty of the highest standard Keiser spinning bikes. We offer a wide range of spinning classes all taught by our experienced instructors.