



Manor Leisure Membership

Manor Leisure combines **top of the range gym facilities** with everything you need to recharge the mind and body; while also providing a tranquil Lakeland environment to relax, refresh and rejuvenate yourself. There are a variety of Membership options tailored to suit your needs.

The Fitness Suite provides a motivating environment to get into your exercise routine; furnished with state-of-the-art multi-gym and aerobic equipment. All equipment is rigorously maintained and updated, making Manor House Leisure one of the most modern leisure facilities in Northern Ireland.

Enjoy the views of Lower Lough Erne while taking a swim in the large Romanesque **Swimming Pool** which is suitable for all ages and swimming abilities; complete with pool lounge conservatory area. Take time out in the **Jacuzzi**, complete with massage jets to ease away any tensions; enjoy the healing properties of steam with a session in our **Steam room** or spend some time in the **Sauna** or simply enjoy a relaxing soak in our outdoor hot-tub.

A Daily* timetable of fun classes are available to help you achieve and tailored to meet your fitness goals; types of classes available include Spinning, Water Aerobics, Combat, Circuits, Corework, Step & Tone, and Boxercise (*exclusive of Sundays).

Manor Leisure Membership Benefits:

- Access to Fitness Suite, complete with a wide range of cardiovascular and resistance Technogym equipment
 - Full Gym induction Session with a Registered Exercise Professional
 - Complimentary Personalised Fitness Assessment to identify your goals and establish a fitness action plan
 - Wide range of Classes per Week including, Spinning, Water Aerobics, Combat, Circuits, Corework and Boxercise
 - Access to
 - A large Romanesque swimming pool
 - Outdoor Hot Tub
 - Steam rooms
 - Jacuzzi
 - Sauna
 - Personal Trainers *
- Personal Trainers are on hand to lend advice and support. One to One personal training programmes are a must for members who are dedicated to body toning and peak physical fitness. Personal Training sessions are additional extras.



MANOR LEISURE MEMBERSHIP RATES

Membership Type	Joining Fee	Direct Debit	Annual Fee (Full payment option)	Valid
SOLO	£40	£33	£360	1 person
DUAL	£40	£48	£540	2 person
STUDENT	£40	£26	£295	Student ID required
GOLDEN SOLO	£40	£28	£310	Over 60 yrs old
GOLDEN DUAL	£40	£44	£495	Over 60 yrs old
WEEKDAY (Solo & Dual membership options)	£40	£25 Solo £43 Dual	£270 Solo £480 Dual	Monday – Friday 9am - 5pm Only
FAMILY	£40	£68	£740	Valid for 2 Adults and 2 children aged 4-17 years
YOUTH	Complimentary	£10	£100	Valid for Children aged 4-17 years Child must be accompanied by a parent who is a member



Manor Leisure Opening Times

Monday – Friday: 7.00am – 10.00pm
Saturday & Sunday: 8.30am – 9.00pm

Children

Children are not permitted after 6.30pm on Tuesdays, Thursdays, Saturdays and Sundays.