



DETOX, TONE
& REJUVENATE
– REBOOT PACKAGE

THE HEALTH
CLUB
AT THE KINGSLEY

A woman with brown hair, wearing a black athletic top, is smiling broadly while lifting a barbell overhead. She is in a gym setting with other people and barbells visible in the background. The image is partially obscured by a white text box on the left side.

DETOX, TONE & REJUVENATE - REBOOT PACKAGE

For people who truly wish to reboot their body and mind, this programme is an ideal start to your fitness journey, aiming to help you achieve your ideal weight and fitness levels. It improves your fitness levels and teaches you how to achieve and maintain your weight loss goals, while also detoxifying you.

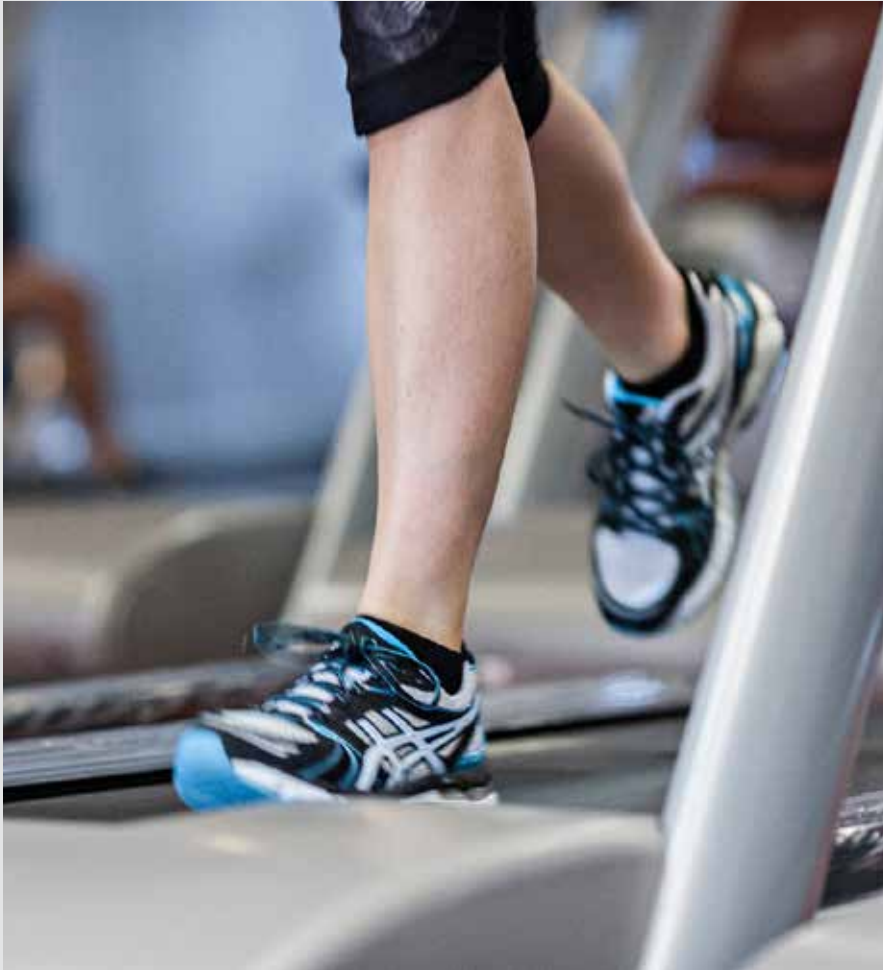


OUR DETOX PHILOSOPHY

We understand that every person's fitness journey is unique. Here at The Health Club at The Kingsley we believe that our 5 week programme is optimal for rebooting your fitness journey.

We developed a bespoke fitness programme in conjunction with The Spa at The Kingsley, that will start you on your renewed approach to fitness or revitalize you on your continued fitness journey.

Our clients leave refreshed and feeling a renewed sense of focus to continue their fitness journey.



GOALS

Cleansing the system and a reboot of body is the main goal, but this program also achieves a rebalance of body and mind.



DETOX SPA TREATMENTS

Relieve sore muscles, refresh tired joints and purify and remove toxins that are preventing you from achieving your optimum fitness results.



THE PROGRAMME

5 Week Platinum Membership:

- Private Fitness Consultation & Training Programme
- Spa Thermal Suite Experience
- Access to the Swimming Pool, Sauna, Jacuzzi & Outdoor Hydro pool
- Access to the Fitness Suite
- Range of daily Fitness Classes

Spa Detox Treatments

- 5 x 50 min customised Spa Treatments
- Daily 1 hour Thermal Suite Experiences



FACILITIES

Full Technogym Gymnasium
State of the art Kinesis studio
Daily Fitness classes
Thermal Suite
Outdoor Hydrotherapy Pool

AFTERCARE

At the end of your programme you will be given a bespoke programme from your Personal trainer to maintain your fitness journey.

HOW TO BOOK

Book a Detox, Tone & Rejuvenate – Reboot Package

5 Week bespoke programme to meet your needs on your fitness journey.

PACKAGE PRICE: €399

THE HEALTH
CLUB

AT THE KINGSLEY

HEALTH CLUB MEMBERSHIP & OPENING HOURS

Monday to Friday
6.00am – 10.00pm

Weekends & Bank Holidays
8.00am – 8.00pm

CHILDREN'S POOL TIMES

Access to the pool area for children is restricted to 9.00am – 6.00pm daily. Children's usage times are extended to 7pm during weekends & holiday periods.

All children under the age of 16 must be accompanied in the pool by an adult at all times.

Children under the age of 16 are not permitted to use the Health Suite facilities or the Outdoor Hydro Pool.

Swimming hats must be worn in the swimming pool at all times. They can be purchased from the Health Club reception for €2 each.

Please note: Terms & Conditions apply to all of the above.

The
FOTA | *Collection*