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BALLYLIFFIN LODGE
LUXURY HOTEL

BALLYLIFFIN, INISHOWEN, CO DONEGAL, IRELAND
TEL +353 (0) 74 937 8200, FAX +353 (0) 74 937 8985,
EMAIL INFO@BALLYLIFFINLODGE.COM
WWW.BALLYLIFFINLODGE.COM



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OUR PREMISES

Welcome to the Ballyliffin Lodge Fitness Club, a main attraction at the hotel. Situated in Inishowen, on Donegal's rugged North West coastline, the Fitness Club boasts views of the North Atlantic Ocean, Pollan Bay and Ireland's most northerly point, Malin Head.

OUR FACILITIES

The gymnasium is fully equipped with top of the range cardiovascular, strength and free weight machines, all provided by Life Fitness.

When you become a member at The Lodge Fitness Club we provide a personalised fitness programme that will be structured to your individual requirements by one of our fitness professionals.

OUR MEMBERS

The Lodge Fitness Club offers exclusive membership to its clients who will have access to a fully equipped gymnasium with over 30 pieces of Life Fitness equipment. Our members also have use of an aerobics studio, 16m swimming pool with a separate children's area and a relaxing steam room, sauna and luxurious spa overlooking the swimming pool area.

As part of your membership you can also avail of a wide range of daily classes. Some of these include the ultimate in fat-burning techniques: Spinning, Step, Body Tone, Aqua Aerobics, Circuit Training with many more to help you tone, lose weight and relax.

OUR SPA EXPERIENCE

After your workout, why not ease your tensions of the day with a dip in the pool or treat yourself with one of our exclusive spa treatments, designed to revive and restore you to your former glory.

The Lodge Fitness Club also boasts a nature spa using natural and organic products from the USPA range which use only pure elements and natural extracts from plants. This indulgence offers your skin and hair aromatherapy and body rituals which will provide you with the ultimate spa experience.

If you wish to explore the local area, a member of The Lodge Fitness Club will gladly advise you on local outdoor activities which may be of interest including golf, fishing, horse riding and hill walking.