

## Lough Lannagh Fitness

### Get Fit, Get A Discount & Get A Donation for Western Care Association

We have arranged a great  
**Fitness Program for YOU** at Lough Lannagh Fitness  
For only 89 cent per day! (Less than the cost of a Mars bar)

You receive Full Membership access to the Club (Gym, Sauna & Steam Room)  
& it's only 10 minutes walk from Western Care's Head Office.

Frequent Re-Evaluations of your Progress, Assessments, Personal Programmes,  
Consultations are commonplace & are included in your membership fees.

Plus a Membership Card, offering great Concessions at various Castlebar locations.

You can Get Fit, Get a Discount off the membership rate and  
Get a Donation made to Western Care Association on your behalf!

#### Membership Costs

Membership Type	Published Rate	Discounted Rate	Saving to YOU	Donation to Western Care Association
12 month membership - Individual	€350.00	€315.00	€35.00	€31.50
12 month membership - Couple	€600.00	€540.00	€60.00	€54.00
06 month membership - Individual	€250.00	€225.00	€25.00	€22.50
06 month membership - Couple	€400.00	€360.00	€40.00	€36.00

**No Additional Costs!**

Easy Payment Options For Membership Are Available

To Sign Up or For Further Information Contact:

Dannie Cassidy  
Lough Lannagh Fitness  
Lough Lannagh Holiday Village  
Telephone: 094 9027547

Email: [Dannie@loughlannaghfitness.ie](mailto:Dannie@loughlannaghfitness.ie)

Website: <http://www.loughlannaghfitness.ie>

Don't forget to mention "Western Care Association" to avail of this offer, and tell your family and friends, they too can also join and avail of this great offer!

# Lough Lannagh Leisure Centre Offer

In Association with Western Care Association

Fit4Work classes cost €5.00 per session, and for just one euro extra i.e. €6.00 per week, you get full membership of Lough Lannagh Fitness Centre, including gym, sauna and steam room.

We can arrange classes as per Fit4Work if the demand is there. What we have found is that a budding system works well instead. The gym member can go at anytime to the gym, as often as they like.

We know that time is in short supply for most people, zipping here and there, never having enough time to spend on **YOU**.

You think "How on earth can I find time to stay fit and healthy when my mobile phone has more free minutes than I do?"

## This is what we encourage at Lough Lannagh Fitness:

- At Lough Lannagh Fitness we have the solution; we can design a programme of just 45 minutes, so you can be in and out in less than an hour!
- We have years of experience helping people stay fit and healthy, no matter how demanding the lifestyle. We've got some great ideas to help you get, and stay, in shape.
- Opening first thing in the morning and not closing until last thing at night.
- A fitness plan tailor made around your timetable.

## **Here are some tips to help you get started:**

- **Make exercise enjoyable:**  
Keeping fit shouldn't be a chore; it takes 14 days minimum, to make any new task, regular a habit. Exercise can and should be fun. We have a range of activities that are enjoyable and you will want to do them regularly.
- **Try exercise with a friend:**  
Get a training buddy to workout with. You will motivate each other and make exercise more enjoyable.
- **Ensure your goals are realistic:**  
Don't set yourself unattainable goals. Be realistic and break your goal into smaller achievable chunks. Enter an event, train for a 5km or 10km run, train to climb Croagh Patrick. This will ensure you have a defined goal to aim for which, which will give you focus, particularly if you tell your friends about the commitment you have made.  
Better still do it for charity.
- **Celebrate success:**  
Promise yourself a fun reward when you reach one of your targets and tell your friends about your achievements.
- **Make time for exercise:**  
Put aside some time in your diary each week for exercise.
- **Get some expert help:**  
At Lough Lannagh Fitness we provide personalised training programmes for each member, our team is always on hand to provide additional support and motivation.

## **Payment: We can arrange easy payment options for membership as follows:**

Membership Type	Discounted Rate	Up front Payment	Standing Order per month
12 month membership - Individual	€315.00	€100.00	€18.00
12 month membership - Couple	€540.00	€100.00	€37.00
06 month membership - Individual	€225.00	€100.00	€11.00
06 month membership - Couple	€360.00	€100.00	€22.00