

Carrick Fitness Centre



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In business for 20 years, the Carrick Fitness Centre caters for individual or group training sessions. Carrick Fitness centre is a fully equipped gym/health centre with a wide range of equipment including:

- Cardio Vascular machines
- Resistance Machines
- Free Weights
- Personal Supervision
- Assessments
- Dietary Advice
- Vibrational plate
- Inch loss Machine
- Sauna and Sun bed

Unisex gym with separate changing rooms and shower facilities for ladies and gents.,

Now available: Aerobics studio with classes in circuit training, dance aerobics (Monday+Wednesdays), weight loss motivational classes and body pump circuits.

Membership: Choice of membership available - clients can pay and train or can avail of all in membership which entitles to unlimited use of facilities. Discounts available for students and retired people.

Tel: 042 966 3443 or 0876772860

Contact: Paul Baldwin



Link 2B Active Offer

Carrick Fitness Centre is offering the following deals for people who are unemployed:

No joining fee

3 Month Fee €100, normally €140

Does not include Sauna, Sunbed and Vibration plate
Applicants must show proof of status to avail of this offer.