

Phoenix Sports and Leisure Centre



Phoenix Regional Sports and Leisure Centre, Carrickmacross

With a top quality fitness suite and offering full members fitness testing, personalised programmes, advice on nutrition, exercise and health, the staff at the Phoenix Centre can assist and guide you along the path of fulfilling your health & fitness needs with wide range of classes. The multi purpose sports hall can be used for indoor soccer and local club training (e.g. basketball, athletics and football). Also available: Sunbed room, offering special prices during winter months.

Classes that are on offer;

- Spinning
- Aerobics
- Figure Firming
- Cardio kick
- Circuit Training
- Pilates
- Zumba dancing
- Hip hop dancing
- Core Conditioning
- Boxing

Phoenix regional sports and leisure centre also offer personalised training programmes tailor made to suit everybody's needs

Choice of membership available - yearly, 6 monthly, 3 monthly and Value Ticket (10 sessions). Discounts available for students and retired people.

Tel: 042 9661981

Email: phoenixsportscentre@yahoo.com



Link 2B Active Offer

Phoenix regional sports and leisure centre are offering the following deal for people who are unemployed are as following

**Easy pay option
Pay as you go**