



S P A
M A Y F I E R
P R I V I L E G E

20% DISCOUNT AT BLOOMFIELD SPA AND LASER CLINIC

Bloomfield Spa & Laser Clinic, a jewel set in the tranquil surroundings of the Bloomfield House Hotel and Leisure Club. Escape to a world of pure indulgence and total relaxation. Slip into Germaine de Capuccini Spa World, a place where you will experience the most incredible, unique sensations where mind, body and spirit converge to feel an unforgettable and deeply pleasurable experience.

Our team of experienced and certified spa therapists will be happy to prescribe a treatment package designed specifically for your needs and can offer the best advice for your skin's requirements.

Enter the Spa Universe of Germaine de Capuccini, a place to discover the most incredible and unprecedented sensations, where mind, body and spirit enjoy unforgettable pleasurable experiences. Your therapist will ensure you have the most enjoyable spa experience.

★ JOIN THE SPA'S LOYALTY CLUB AND YOU CAN RECEIVE €100 OF FREE TREATMENTS ★

20% discount is for leisure club members. Discount is not available on Saturdays or with any other offers.

This exclusive spa experience awaits you



BLOOMFIELD HOUSE HOTEL, LEISURE CLUB AND SPA

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HEALTH & LEISURE CLUB – SPA & LASER CLINIC – CONFERENCE & EVENTS
STIRRUP & REEL BAR – CHARLES BRINSLEY RESTAURANT – WEDDINGS



BLOOMFIELD HEALTH & LEISURE CLUB

"Bloomfield Health and Leisure Club is a truly wonderful facility set in the tranquil surroundings of Bloomfield House Hotel"



TURNEER PRINT GROUP LONGFORD. TEL: 043 3345423

- ◆ Spacious, Fully Equipped Air-conditioned Gym
 - Treadmills
 - Steppers
 - Rowers
 - Cross Trainers
 - Free Weights and Machine Weights
 - Upright and Recumbent Bikes
- ◆ Weight Loss and Cardio Programmes
- ◆ Kids Activities
- ◆ Members Discounts at Bloomfield Spa and Laser Clinic
- ◆ Large Aerobics Studio
- ◆ Free Fitness Testing, Induction and Programme Planning
- ◆ Fitness Evaluation and Assessment Suite
- ◆ Children and Adult Swimming Lessons
- ◆ Free Fitness Classes including Aerobics, Aqua Aerobics, Abs Blast, Hips, Bums and Tums and Circuit Training
- ◆ 20 metre deck-level Swimming Pool with hydro-pool
- ◆ Jacuzzi, Sauna and Steam Room

The Very Latest In Health And Fitness With Friendly Professional Guidance.



BLOOMFIELD HEALTH & LEISURE CLUB

At Bloomfield, our aim is to enhance your personal wellness and thus your quality of life by encouraging regular exercise, eating a healthy diet and adopting a positive approach to life.

Historically, leisure clubs were for Fit Beings, nowadays however, we are all more aware of the importance of our health. The whole idea of health and fitness has been transformed. Wellness is now the key issue.

Wellness means: Living longer, showing how good you feel, increased energy levels and working better.

Upon visiting Bloomfield Health and Leisure Club, you will notice the friendly and relaxed atmosphere. The professional and qualified instructors work hard to make you feel at ease and achieve your goals.

We design a programme for all ages and fitness levels – a programme just for you. If you want to lose weight, tone up, get fit, recover from illness or just be healthier, we will endeavour to make it easier for you by showing exactly what needs to be addressed to get the results you want.

SPACIOUS, FULLY EQUIPPED AND AIR-CONDITIONED GYM

Our fitness professionals will custom design the most effective routine for you. You can tone your body with our revolutionary cybex resistance machines. Lose weight faster with the life fitness cardiovascular machines. Take inches off your waist in our Ab Zone. Have fun exercising the body while entertaining the mind with music and flat screen TVs.

Equipment includes:

- Treadmills • Steppers • Rowers,
- Free Weights • Machine Weights
- Cross Trainers • Upright and Recumbent Bikes.

For the body building enthusiast there is a variety of weights.

FITNESS CLASSES

For added motivation we offer a range of Free Classes including Aerobics, Aqua Aerobics, Hips, Bums and Tums, Abs Blast, Circuit Training and more, to ensure that you attain and retain your targeted results.

Our classes add variety to your fitness programme and provide a social, interactive and fun workout. All fitness levels and age groups can work out together.

Join in regular aerobics and fitness classes and be guided through your personal gym routine following a personal fitness assessment for members.

20 METRE SWIMMING POOL

The beautiful 20 metre deck level pool is perfect for the hardcore swimmers and also for those just looking for a nice relaxing swim. The hydro pool in the main pool offers the relaxing effect of the Jacuzzi but not the heat.

The benefits of working out in water are cardiovascular endurance, muscular endurance and strength. ***It's never too late to learn to swim!! Join our Beginners, Intermediate and Advanced Swimming Lessons. Lessons run continuously throughout the year in blocks of 10 weeks.***

JACUZZI, SAUNA & STEAM ROOM THERMAL FACILITIES

Enjoy some relaxation and pampering time. The Jacuzzi with water heated to a very relaxing 37°C is the perfect place to relax and unwind after a hard day.

The 3-tier sauna with low, medium and high seating cater for those who like it just warm and those who like it hot.

The mosaic tiled steam room with subtle lighting creates a relaxing ambience to melt away the stress of modern day life. The perfect place to give your body that detox feeling and to cleanse and moisturise your skin. Invigorating!!

WEIGHT LOSS PROGRAMME.

The eight week programme includes:

- Weekly food plans
- Exercise programme
- On going monitoring, advice and motivation
- Three free workout classes a week.

CARDIO FITNESS PROGRAMME

Bloomfield Leisure Club offer reduced yearly membership rates for people who have experienced cardio problems and want to get fit and maintain a healthy lifestyle. The programme will offer advice, motivation, on going monitoring and full use of the Health and Leisure Club.

KID'S ACTIVITIES

Bloomfield House Hotel is a Family Friendly Hotel offering lots of kid's activities including Easter and Summer Camps, Kid's Parties and Healthy Food for Kid's. We also have a kiddies' pool attached to the main pool, family changing rooms and we run kid's swimming lessons throughout the year.

During the Summer and Easter camps, kids can take part in our sports, swimming and games camps. Qualified coaches supervise all activities.

KID'S BIRTHDAY PARTIES

Bloomfield Hotel and Leisure Club offer Kid's Parties on-site with fun activities and a meal. We have different party options available from swimming, pool games, bouncing castle to on site laser games.

Parties can take place on Saturday and Sundays from 1.30pm to 3.30pm and 4pm to 6pm. Minimum number of Children is 12 and the maximum is 20. Adults must accompany children under 4 years old.

Group and Corporate Rates Available

