



Liffey Valley Fitness

Liffey Valley Fitness on Coldcut Road (across from the Liffey Valley Shopping Centre) aims to provide you with a professional service and some of the finest facilities in the fitness industry. Our 3 Floor leisure club offers a wide variety of facilities, which comprises of a spectacular 33x15 metre pool area, spa suite and 2 slides for all the family on the ground floor, cardiovascular equipment and 3 fitness studios on the 2nd floor. Massive weights area for men and women, whether your goals are to lose weight, tone up, improve your overall health & fitness or just have fun!



Our offers are

€45 per month for full use of the facilities - gym, weights, fitness classes, 33m swimming pool, sauna, steam room and jacuzzi.

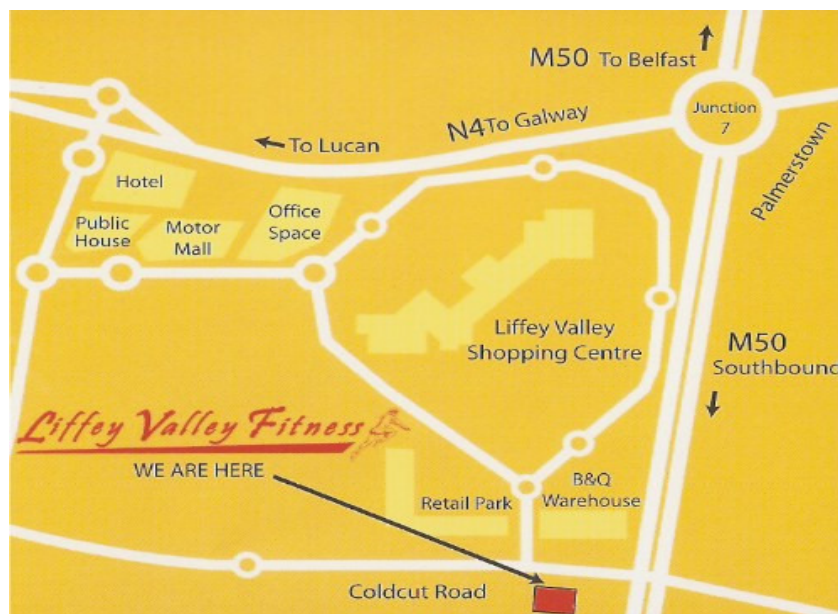
This rate is from 10am - 3pm, Monday - Thursday and for full opening hours on Friday (7am - 10pm), Saturday & Sunday (9am - 6pm).

Alternatively, an **annual rate can be purchased for €250**

which in effect means a monthly rate of less than Euro 21 - a saving of over 50%.

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Location Map