CARLTON SPORTS HEALTH CENTRE

RATES AND MEMBERSHIP CARDS

SAUNA/ STEAM BATH/ SWIMMING
After using our sauna or steam bath you can take a refreshing dive in our swimming pool, after that you can relax while enjoying something to drink or eat. Swimwear in the indoor sauna is not allowed. Swimwear in the outdoor sauna and swimming pool is obligatory. Bathrobe and towels are obligatory and available by the reception.

Sauna membership card (including swimming)

1 time	€	16,50
10 times	€	125,00
1 month membership card	€	70,00
3 months membership card	€	170,00
6 months membership card	€	285,00

Sauna/ Fitness Combination membership card (including swimming)

1 time	€	19,00
10 times	€	145,00
1 month membership card	€	90,00
3 months membership card	€	195,00
6 months membership card	€	330,00

Sauna/ Fitness off-peak hours membership card (including swimming)
Monday till Friday from 12.00 - 18.00 hours

1 month membership card	€	75,00
3 months membership card	€	170,00
6 months membership card	€	290,00

Swimming membership card

1 time	€	9,00
10 times	€	75,00
1 month membership card	€	45,00
3 months membership card	€	130,00
6 months membership card	€	225,00

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All- in VIP membership card
Sauna/ Fitness/ Swimming/Aerobic/ Aqua aerobic

1 month membership card	€	110,00
3 months membership card	€	260,00
6 months membership card	€	465,00

BATHLINNEN OBLIGATORY

Rental price bathrobe	€	4,00
Rental price bath towel	€	2,00
Rental price towel	€	1,25
Rental price bath set	€	5,00

- One bathrobe
- two towels

FITNESS/ CARDIO
In the fitness room of Carlton Sports you can pick up your heart for a good work-out moreover you can keep your condition on level in our cardio space. We can make a special work out program for you by a graduate instructor.

Fitness membership card

1 time	€	10,00
10 times	€	75,00
1 month membership card	€	45,00
3 months membership card	€	120,00
6 months membership card	€	210,00

AEROBIC/ AQUA- AEROBIC
Three days a week, you can join an aerobic and/ or aqua- aerobics lesson. A qualified instructor will give you an intensive work-out accompanied by swinging music.

Fitness/ Swimming/ Aqua- aerobics Combination membership card

1 time	€	12,00
10 times	€	85,00
1 month membership card	€	62,00
3 months membership card	€	160,00
6 months membership card	€	270,00

Aqua - aerobics/ Sauna card

1 time	€	16,00
10 times	€	100,00
1 month membership card	€	77,00

Morning Aerobics card (including swimming)
3 times a week

1 time	€	10,00
10 times	€	75,00
1 month membership card	€	50,00
3 months membership card	€	135,00
6 months membership card	€	225,00

SOLARIUM
You can choose between a facial solarium and fast sun tanning treatment for your entire body. You can use these for various times, please ask our staff at the reception of Carlton Sports.

Total body solarium 1 x 12 minutes	€	7,00
Total body solarium 5 x 12 minutes	€	31,00
Total body solarium 10 x 12 minutes	€	52,00
Total body solarium 1 x 18 minutes	€	10,00
Total body solarium 5 x 18 minutes	€	43,00
Total body solarium 10 x 18 minutes	€	75,00

SPORT MASSAGE
It goes without saying that 'chilling out' and relaxing now and then its good for both body and mind. A deep sport massage may help.
You can reserve a masseuse at the reception desk for various times.

30 minutes		€	30,00
45 minutes		€	40,00
60 minutes		€	50,00
Hot Stone	45 minutes	€	50,00

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PERSONAL TRAINING

Our graduate instructor can give you a professional guidance and extra attention to help you achieve you goal. Personal training is available, please contact the Health Centre.

POLICIES

- Expendable registration fee, pas included € 30,00
- Prices are conditional
- The multiple 10 visit card is valid for four months.
- Please make reservations for a massage, 24 hours in advance. A cancellation should be received 24 hours by the reception desk.
  Otherwise we unfortunately charge the completely price.

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