

## membership pricelist

Monthly membership	€ 150
3-month membership Single	€ 400
6-month membership Single	€ 750
12-month membership Single	€ 1,400
3-month membership Couple	€ 700
6-month membership Couple	€ 1,270
12-month membership Couple	€ 2,300
Weekly pass for one person (excluding Pool)	€ 65
Two Weeks pass for one person (excluding Pool)	€ 80
Three Weeks pass for one person (excluding Pool)	€ 100
Day pass	€ 35

### Sanctum at Sunset Gardens membership benefits include:

1. changing rooms, showers and lockers
2. complimentary gym towel
3. group fitness classes
4. free parking
5. 10% discount on spa treatments (excluding packages and special offers)

### Personal Training

1 personal training session (one hour) €50

### Personal Training Packages

12 personal training sessions €500  
1 x 30 min treatment  
2 x body fat measurements

### Group Personal Training Packages

Group Personal training for 2 persons (one hour) €75  
12 Group personal training sessions €750

### Working hours: SANCTUM AT SUNSET GARDENS

Mon - Fri	06:30 - 21:00
Saturday	09:00 - 18:00
Sunday	09:00 - 14:00

Find out more at: [sanctum.life](http://sanctum.life)  
or visit us at Sunset Gardens

SANCTUM  
SPA & FITNESS  
AT  
SUNSET  
GARDENS



# SANCTUM SPORT & PERSONAL TRAINING SERVICES

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## **Personal Training**

1 personal training session  
(one hour) €50

## **Personal Training Packages**

12 personal training sessions  
€500

1 x 30 min treatment

2 x body fat measurements

## **Group Personal Training Packages**

Group personal training for  
2 persons (one hour) €75

12 Group personal training  
sessions €750

## **Padel Personal Training**

Experience padel, the fastest growing sport born from the fusion of tennis and squash and discover your performance limits with our Sanctum certified padel instructor. Improve your skills through personal coaching. Enhance your strategy and improve your cardiovascular fitness and coordination.

## **Minifootball Conditioning (6+)**

Transform your child's screen time into active play with our Mini Football Personal Training for kids aged 6 and above. Work on their fitness and football skills through enjoyable drills in a positive, supportive setting. Improve their physical abilities and focus on endurance, strength, speed and agility while maximising injury prevention.

## **Swimming (6+)**

Prepare your young ones for water adventures with our swimming lessons designed for ages 6 and above. Learn to swim safely while improving their fitness levels and develop essential water safety techniques. Our experienced instructors ensure a fun and rewarding experience for swimmers of all levels.

## **Aqua Personal**

Immerse yourself in our Aqua Personal Training program, led by our expert Sanctum swimming instructor, designed to maximize fat burning, alleviate joint pain, and prevent injuries. Engage in water-based workouts that target these specific benefits, promoting weight loss, easing discomfort, and enhancing overall well-being.

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