



lifestyle fitness

Membership Options

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| Single* | £22.00 per month |
| Couple* | £36.00 per month |

*Payable by 12 monthly payments by Direct Debit

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| Single annual membership (cash advance) | £264.00 |
| Joint annual membership (cash advance) | £432.00 |

All memberships include free swimming and health suite

Casual Usage

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| Per Visit | £5.00 |
| Concession | £2.00 |

Getting Started

All new users must be inducted by one of our qualified fitness instructors. Please book your appointment through reception.

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| Getting Started (Induction) | £20.00 inc. programme |
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Inductions are free when taking out a full membership.

Opening Hours

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|-------------------|------------------|
| Monday | 7.30am - 10.00pm |
| Tuesday | 9.00am - 10.00pm |
| Wednesday | 7.30am - 10.00pm |
| Thursday | 9.00am - 10.00pm |
| Friday | 7.30am - 10.00pm |
| Saturday & Sunday | 9.00am - 5.30pm |

Templemore Sports Complex
Buncrana Road, Derry, BT48 7QL

02871 289200