

A black and white photograph of a woman in a gym, viewed from the side. She has her hair in a ponytail and is wearing a dark, textured tank top. A barbell is resting on her shoulders. The background is blurred, showing gym equipment and lights.

THE FITNESS CLUB

RADISSON BLU HOTEL, ATHLONE

CARING FOR YOU

*How we are ensuring a safe and comfortable
environment for our customers.*

A close-up, low-angle shot of a person's hands tying the laces of a white and grey running shoe. The person is wearing dark shorts. The background is a dark, textured surface, possibly a track or pavement. The lighting is dramatic, with strong highlights on the shoe and hands.

ON YOUR MARKS, GET SET, SANITISE.

#CaringForYou

HYGENE

Hygiene measures throughout the Fitness Club have been increased and regular cleaning is carried out throughout the day. Your Fitness Club team regularly clean all touchpoints and are on hand to ensure everyone is exercising safely.

All members are requested to wipe down equipment before and after use. Sanitising spray and paper towels are available for you to use at our Cleaning Stations. Let's work together to keep the Fitness Club really shiny and safe for each other.

Hand sanitiser dispensers can be found at the entrance, exit and all around the Fitness Club. Please clean your hands before entering, while you work-out with us, and again before you leave. Just like exercise, the more frequent, the better!

Showers and changing rooms are currently closed if using the Gym. If you are solely using the Swimming Pool, then you can use Changing Rooms for a maximum of 15 minutes after your swim. We understand this is not convenient, but it is necessary so as to protect you and other members.

Our toilet facilities are fully operational and sinks available for hand washing only.

Water fountains will be temporarily unavailable as per guidelines. If you forget to bring your own, we do have bottled water for sale as always at reception.



THAT'S
CLOSE
ENOUGH

#CaringForYou

SOCIAL DISTANCING

Some equipment has been taken out of action and we have installed floor markers to safely guide you.

Our Sauna and Steam rooms remain closed for now, in line with Government guidelines.

Please be mindful that you yourself are keeping your distance from others as you walk around and while you work-out or swim.

No high fives or fist pumping allowed. We're still a friendly bunch here at the Fitness Club but for now, a simple "Hi! How are you?" is much better!



DOES YOUR MASK MATCH YOUR ACTIVEWEAR

#CaringForYou

PPE

Face Coverings are to be worn on arrival and departure from The Fitness Club, or if you are visiting our Coffee Dock or Restaurant. PPE is of course not required while working out or in the pool!

All our teams are wearing Face Masks or Visors at all times, for your safety and theirs. You will also see some of our team wearing additional PPE for example when cleaning.



WORK HARD MAKE SPACE.

#CaringForYou

BOOKING & TIMES

Pre-booking is now essential for both the swimming pool and gym, by calling 0906442600 email: thefitnessclub@radissonblu.com or on our "GymSync" App.

Opening hours have been extended, to allow as much time as possible for everyone to exercise safely. We are now open 6am to 8pm Monday to Friday, and 8am to 8pm on Saturday, Sunday and Bank Holiday.

Gym bookings are for 45 minutes and do not include access to our changing room or showers.

Swimming bookings are for 30 minutes, plus an additional 15 minutes maximum in our changing rooms after your swim.

Queuing may result from social distancing at the Synergy Fitness Club, just like you are experiencing in shops. We would ask that everyone remains patient with other members, as these measures are for your safety.

We would also like to ask you to remember that this new world is tough for everyone. If you are not satisfied with our measures at the Synergy Fitness Club, or feel we could do more, please raise your suggestions to our teams so that we can continue to adapt to the new fitness world.



KEEP ON MOVING

#CaringForYou

MEMBERSHIP

Any time missed during our closed periods (Closed during the period – 16th March 2020 – 9th July & 7th October 2020 – 4th June 2021) will automatically be added on to your membership.

If government guidelines force us to close our doors again, we will again freeze your fees and honour your membership when we reopen.