

# Membership Perks



**HQ.  
KERRY**

We are delighted to partner with incredible local business to offer our members special offers & experiences

## **BALLYGARRY HOUSE HOTEL & SPA, TRALEE**



Discover the charm, warmth and homely welcome that has become synonymous with Ballygarry House Hotel & Spa. The hotel has been in the McGillicuddy family for 3 generations and is set on 80 acres of land in the heart of the Kerry countryside overlooking the glorious Sliabh Mish Mountains. Home to 64 beautifully designed rooms and suites, the outstanding Nádúr Spa, a choice of excellent dining venues, and light-filled & spacious meeting and event facilities.

HQKerry Members can enjoy preferential corporate accommodation rates and exclusive offers at the award-winning Nádúr Spa.

Website: [www.ballygarryhouse.com](http://www.ballygarryhouse.com) | Phone: +353 (0)66 712 3322 | Email: [info@ballygarryhouse.com](mailto:info@ballygarryhouse.com)



## **NISUS FITNESS TRAINING CLUB, TRALEE**

Joe O'Connor and his expert team at Nisus Fitness work with people who want exercise to be fun, effective, and professional. They are a club for busy people who like training in a group environment in the studio, or virtually from anywhere in the world via their online membership programme. Their sessions are no longer than 45 minutes and are all instructor led. Some class options include Tabata, FZT, Body Blast and Pilates. Through the Online Community Membership, members can choose from over 20 live sessions a week, as well as an on-demand video library to work with your schedule. Recipes, meal-plans, direction and support are at hand to make your fitness journey a success.

HQKerry members can enjoy discounted rates on both Online Memberships and Silver Hybrid Membership options.

Website: [www.nisusfitness.com](http://www.nisusfitness.com) | Phone: +353 (0)66 71 79913 | Email: [info@nisusfitness.com](mailto:info@nisusfitness.com)

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**THE ROSE  
HOTEL**

Tralee, Co. Kerry, Ireland.

## THE ROSE HOTEL, TRALEE

The Rose Hotel (4\*) is located close to Tralee town centre and is set against the backdrop of the Slieve Mish Mountains and is directly beside the Tralee Bay Wetlands. Perfect for exploring the Wild Atlantic Way, it offers 161 beautifully appointed guest rooms & suites, the award-winning Serenity Spa, and excellent dining in the Park Restaurant & Dott's Bar, and of course Afternoon Tea. The Rose Hotel features a variety of bright and spacious meeting rooms, ideal for conferences, team and gala events.

HQKerry Members can enjoy preferential accommodation rates on multi night stays.

Website: [www.therosehotel.com](http://www.therosehotel.com) | Phone: +353 (0)66 71 99 100 | Email: [info@therosehotel.com](mailto:info@therosehotel.com)

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## EBB & FLOW WELLNESS

*Bespoke Wellbeing Workshops for Companies/Organisations  
and Weekly Virtual Classes*



Ebb & Flow Wellness offer online group Yoga & Mindfulness classes each week – choose from a live stream class with teacher support and interactions, or a library of on demand Yoga & Pilates classes to suit your schedule. Classes are suitable for beginners to advanced and include various styles of Yoga.

Maeve Ferris, Owner of Ebb & Flow, also creates bespoke Wellbeing Workshops for Companies and Organisations, across a range of sectors. All sessions can be delivered virtually with live, interactive, or recorded options. Maeve will be delighted to consult with you to understand your organisations needs and design a strategy and package that suits your business.

HQKerry members enjoy a discount on Weekly Virtual Classes!

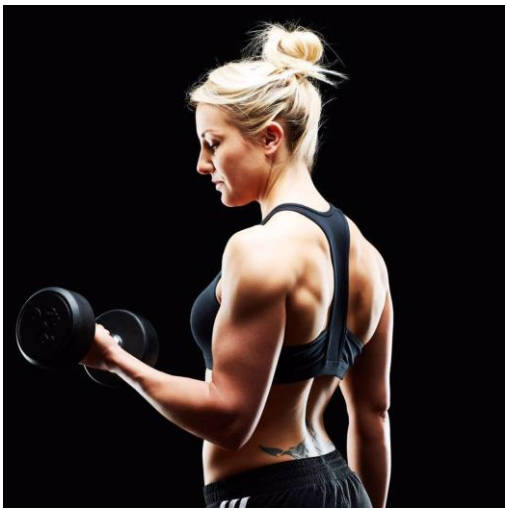
Website: [www.ebbflowyoga.ie](http://www.ebbflowyoga.ie) | Phone: +353 (0)87 367 9132 | Email: [ebbflowyogaireland@gmail.com](mailto:ebbflowyogaireland@gmail.com)

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## THE ARENA GYM, TRALEE

The Arena Gym was established in 2017 in Newcastle West and expanded to Tralee in 2019. Our aim is to give our clients and members a fully equipped facility and access to our highly qualified trainers while always maintaining a strong community feel.

Our facilities include a weight and resistance training room, a cardiovascular fitness and functional fitness room, and a fitness studio room.

We provide high quality personal training and fitness classes to our members through our fully qualified and experienced trainers. Our motto is “not just a gym, a community”.

HQKerry members can enjoy discounted gym membership, priority fitness classes and personal training.

Email: [thearenancw@gmail.com](mailto:thearenancw@gmail.com)

## LISTOWEL COMMUNITY CENTRE (LLC) GYM



**LISTOWEL  
COMMUNITY  
CENTRE**

LCC is driven to support the community in the most innovative and forward-thinking way, using emergent cutting-edge technologies to engage people in activities that optimise health and wellbeing in order to live and lead healthy and happy lives.

Pushing boundaries to achieve inclusivity and wellness through innovation, technology, and leadership into the new horizons of living. LCC has the largest not for profit gym in Ireland, BASE Fitness, and has one of the most qualified teams, with degrees in Health and Fitness and Masters in Strength and Conditioning, all dedicated to helping members achieve their goals and helping make Listowel a great place to work, live and visit.

HQKerry members can enjoy a corporate discount on adult 1 month or 12-month membership packages.

W: [www.listowelcommunitycentre.ie](http://www.listowelcommunitycentre.ie) | T: +353 (0)68 22244 | E: [info@listowelcommunitycentre.ie](mailto:info@listowelcommunitycentre.ie)

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## THE LISTOWEL ARMS HOTEL

*The*  
**LISTOWEL ARMS HOTEL**  
*The Square, Listowel, Co. Kerry, Ireland*

In a tranquil corner of Listowel's old square, there is a haven of comfort and hospitality, an establishment with a proud tradition of fine food and quality service; a quiet retreat; a warm and intimate meeting place. The Listowel Arms is a boutique-style hotel run by The O'Callaghan family. The hotel is located in the Listowel's square, which also known as the "Literary Capital of Ireland".

Stylish guestrooms are completed with finishing touches that extend from free standing baths to antique furniture and original paintings. The hotel offers excellent formal, informal and al fresco dining options along with Afternoon Tea. The Conference Hall and Castle Room are ideal locations for small and large meetings and events.

HQKerry Members enjoy preferential rates on accommodation and excellent rates for meeting space.

Website: [www.listowelarms.com](http://www.listowelarms.com) Phone: +353 (0)68 21500 Email: [reservations@listowelarms.com](mailto:reservations@listowelarms.com)



## CLIFF HOUSE HOTEL, BALLYBUNION

One of the nicest hotels on the Wild Atlantic Way!

Perched on Cliff Road, overlooking the magnificent Ladies Beach and Ballybunion Castle, the family run Cliff House Hotel is renowned with golfers and beachgoers alike as the perfect location for delicious sunset dining, a relaxed drink, and sleeping to the sound of the waves in one of their Seaview Balcony guestrooms.

Kissed by the Atlantic waves, Ballybunion is a town famous for golf and the raw beauty of its natural landscape. Try a round of golf at the world famous Ballybunion Golf Club, surfing, the stunning Cliff Walk or a soothing soak at Collins' Hot Seaweed Baths.

HQKerry members enjoy preferential rates on accommodation at Cliff House Hotel.

Website: [www.cliffhousehotel.com](http://www.cliffhousehotel.com) | Phone: +353 (0)68 27777 | Email: [info@cliffhousehotel.com](mailto:info@cliffhousehotel.com)



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## COACHING TO BE – FIONA CALLAN

Fiona Callan, Accredited Licenced Coach and Trainer, designs and delivers group training and individual coaching in the broad area of personal growth and development.

Her work has always been based on the principles of empowering others, assisting individuals, groups, communities, and organisations to become stronger and more confident in planning what they want to achieve and decide how they are going to get there.

*"We work together to help you uncover your strengths, take charge of your own decisions and open your mind to see options and possibilities that you may not have already considered. I provide you with a supportive, non-judgemental yet challenging space. I believe in every client I work with."* – Fiona Callan

Consultations are face to face or via Zoom and HQKerry Members enjoy a complimentary consultation and a discount on additional Life Coaching Sessions.

Website: [www.coachingtobe.ie](http://www.coachingtobe.ie) Phone: +353 (0)87 979 3782 | Email: [info@coachingtobe.ie](mailto:info@coachingtobe.ie)

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brandon hotel  
CONFERENCE & LEISURE CENTRE

## BRANDON HOTEL GYM

The Brandon Hotel Leisure Club offers hotel guests and members the very latest health, fitness & leisure facilities along with state-of-the-art cardio-vascular machines, touch screen technology and entertainment systems, an aerobics studio, steppers, rowers, exercise bikes, health evaluation & assessments.

Fitness Classes including Pilates, Spinning, Aquafit, Body Tone, Spin Sanity and Tabata 30 are also available.

HQKerry members who are also Brandon Leisure Centre members, receive a complimentary 1-hour Personal Training session.

Website: [www.brandonhotel.ie](http://www.brandonhotel.ie) | Phone: +353 (0) 55 71 2333 | Email: [leisurecentre@brandonhotel.ie](mailto:leisurecentre@brandonhotel.ie)

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