**NRG Health and Fitness  
River Lee Hotel, Western Road  
Web:** <http://www.nrgfitness.ie/locations/cork/>   
**Tel: 021 4222444**

We are offering the following Corporate rate for 2014 which is 10% OFF regular prices:

12 Month Membership: €535.00

6 Months Membership: €315.00

3 Months Membership: €209.00

(further additional offers may also be available so ask when joining)

All of the prices above are based on an upfront payment.

Included in the price above is full gym and pool membership and FREE classes, our classes are all included in the membership.

You can view our timetable on our website <http://www.nrgfitness.ie/locations/cork/>.

You will also receive a FREE assessment and a FREE programme which will be personally made by one of our instructors based on your assessment.

There are 2.5 hours FREE parking on every visit and FREE use of our tennis courts.