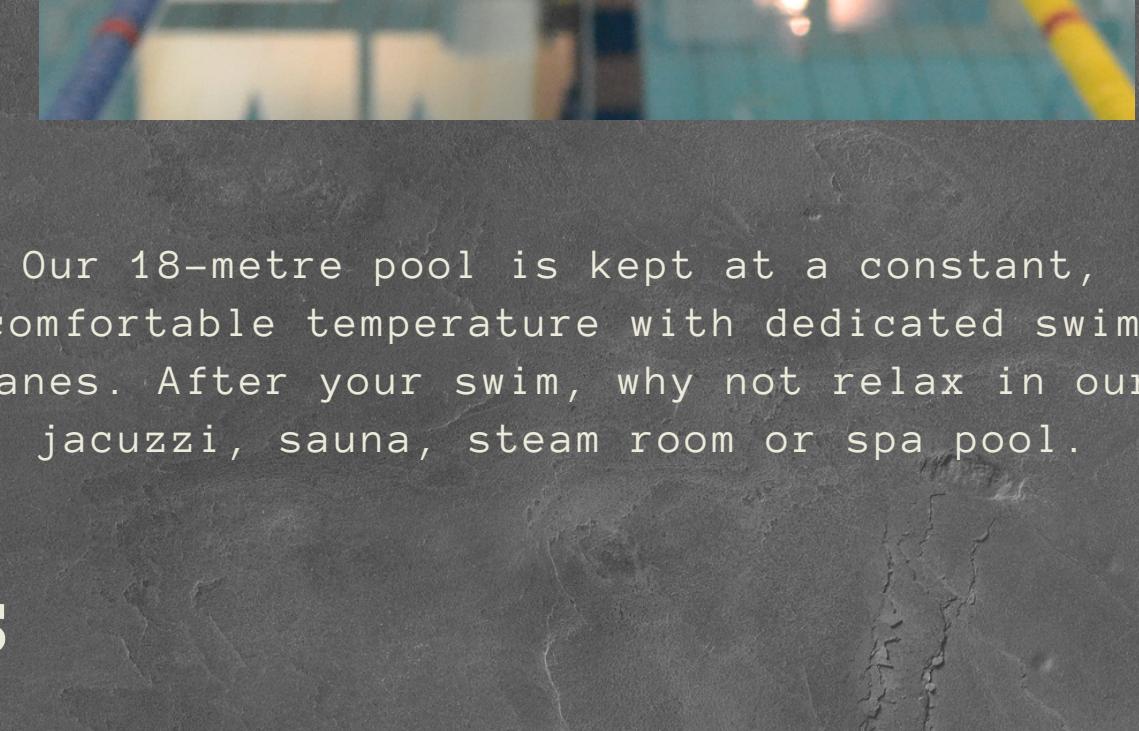
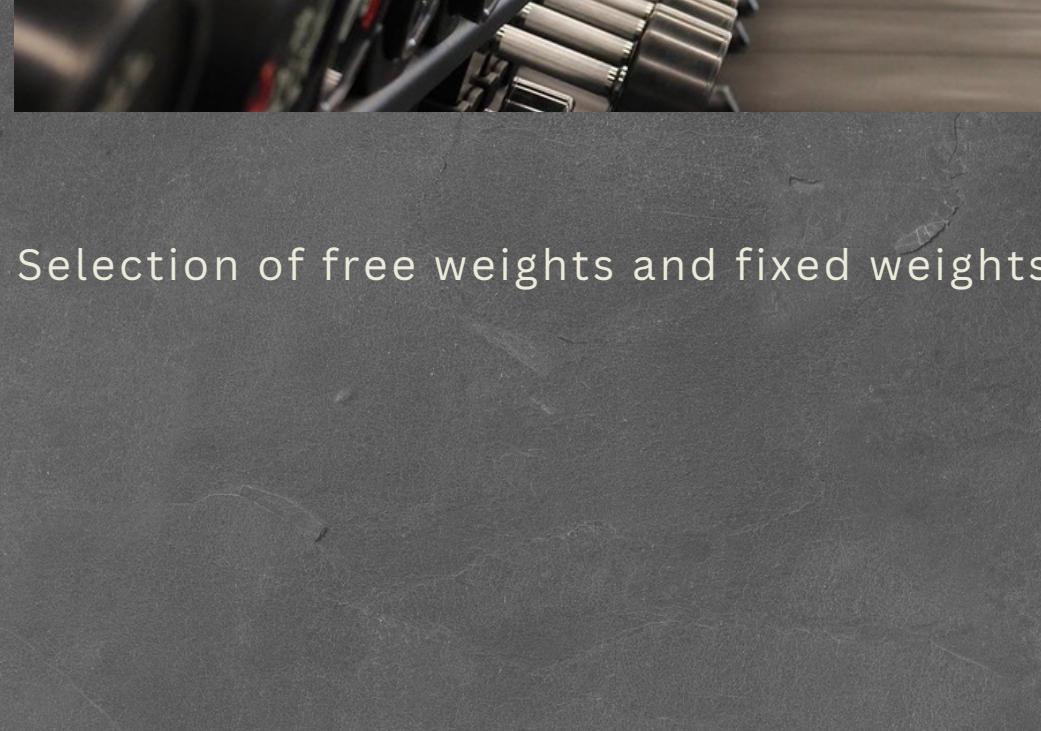


Cork Inner City Fitness Centre strive to create a peaceful and relaxing environment in which its members can work out and realise and achieve their fitness and wellness goals.

Our gym has the most up-to-date technology to ensure you are getting the most from your workouts.

Our 100-station gym uses the world renowned TechnoGym technology, with its evolutionary Key System, which stores individual programmes and workout history on a personal Techno gym key.



Selection of free weights and fixed weights.

Our 18-metre pool is kept at a constant, comfortable temperature with dedicated swim lanes. After your swim, why not relax in our jacuzzi, sauna, steam room or spa pool.

## CLASSES



## STAFF

Our staff is highly qualified, and with their motivation and expertise, will help you to achieve your fitness and wellness goals

## MEMBERSHIP

### CLASSIC MEMBERSHIP

- Initial Fitness Assessment
- Fitness Re-Assessments
- Discounted price for fitness classes

### GOLD MEMBERSHIP

- Initial Fitness Assessment
- Fitness Re-Assessments
- Fitness classes
- Personal Training
- Gym towel

### MEMBERSHIP ENQUIRY

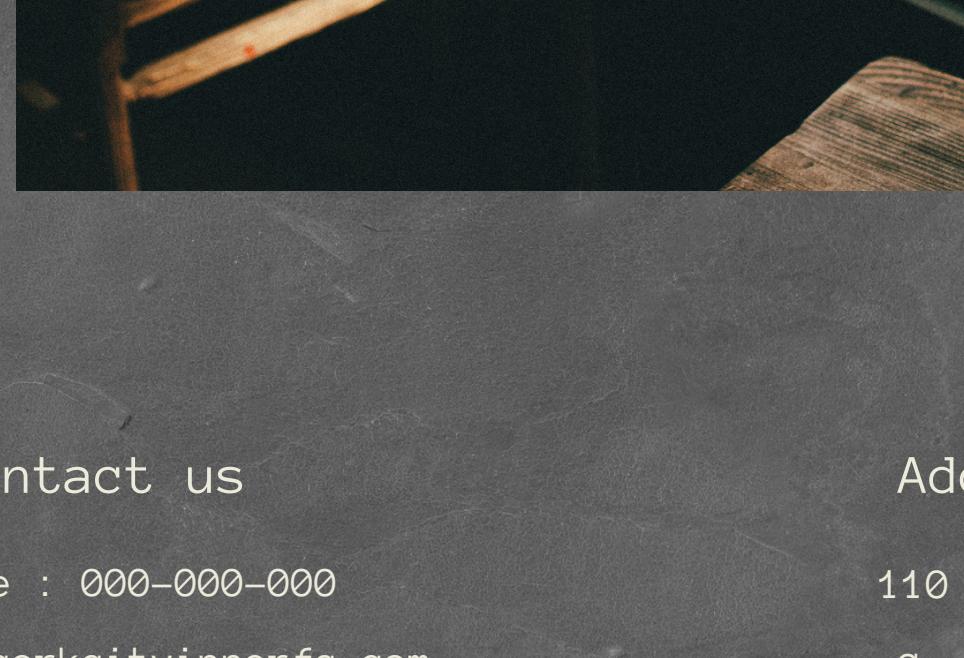


## OPENING HOURS

Monday to Friday: 6am to 10.00pm

Saturday, Sunday & Bank Holidays: 8am to 9pm

## LEE COFFEE SHOP



An onsite coffee shop.

Grab a coffee and a snack.

Make new friends!

## Contact us

phone : 000-000-000  
info@corkcityinnerfc.com

## Address

110 main street

Cork C03 25DE

Find us on

Instagram