



PLEASE DIAL 0 FOR FURTHER ASSISTANCE

## Zest Swimming Pool

Beautiful 18 Metre Deck Level Swimming Pool  
Zest Health & Fitness Club boasts a beautiful 18 metre deck level swimming pool providing the perfect place to relax or have a splash with the kids during your stay with us at our Cavan Hotel. Private adult & children swimming lessons available with our qualified instructors.

## Sauna, Jacuzzi & Steam Room

Relax and unwind after a stressful day at Zest Health & Fitness Club. At Zest Health & Fitness Club our Jacuzzi, Steam Room and Sauna are all located just off our pool deck area. So whether you want to just relax and unwind after a long day or to soak your muscles after a tough workout this area is just perfect.

*Please note: Residents wishing to use the pool facilities will be required to pre-book. Children under 10 yrs must be accompanied by an adult in the pool, at all times. Children under 16 must be supervised by an adult on the pool deck /viewing area at all times.*

*Swim hats must be worn in the pool  
These are available to purchase in Zest €3.00 each.*

## Zest Gym

Zest Gym in Cavan Crystal Hotel offers excellent facilities and equipment to aid you in achieving your personal fitness goals. Our Facilities include equipment to meet each individual's goal, along with a dedicated team to help support and encourage throughout your journey:

Fitness programmes are available to book for all guests to help you achieve the results you want. One to one personal training also available from our fully qualified instructors.

*Please note: You must be over 16 years of age to use the gym facilities. Residents are required to Pre-Book their Gym Session*

## Aqua Aerobics

Open to members, residents and non-members. Why not join one of our fitness classes at Zest Health & Fitness Club.

Details and times vary so contact us directly to confirm your place. Special discounted rate of €5.00 for all members and hotel residents. €12.50 for non-members

Tuesday	10.00am - 10.40am	Aqua Fit
Wednesday	7.00pm - 7.40pm	Aqua Fit
Thursday	10.00am - 10.40am	Aqua Fit

## Zest Opening Times

Monday to Friday 7.00am – 9.00pm  
Saturday 8.00am – 8.00pm  
Sunday 9.00am – 6.00pm

### Children Hours

Monday to Friday 7.00am - 7.00pm  
Saturday 8.00am - 7.00pm  
Sunday 9.00am - 6.00pm

### Activity Price List

Private Swim Lessons 1-1 - €25  
Private Swim Lessons 1-2 - €30  
Fitness Assessment & Program - €25  
Personal Training - €35

**For further information or to make a booking contact Zest on +353 49 4360685 or Ext 685**