

# 'Destination Breaffy' Starts New Year on The Right Foot with Breaffy Leisure Club Investment

## PRESS RELEASE

The New Year is the perfect time to make new commitments and start afresh, so why not seize the opportunity to become a healthier, fitter and more energetic version of YOU with a membership of The Breaffy Club for 2020. There's never been a better time to join with 10 New pieces of equipment, extensive upgrade of free weights and workout space and hands on personal attention from our dedicated and experienced team of Breaffy Club fitness professionals.

*"With fitness and health being foremost in everyone's mind it can be daunting starting any new regime" states Marcella Murtagh Breaffy Club Leisure Manager. "But fear not as there is a workout routine specifically waiting just for you at The Breaffy Club" states Marcella. "Whatever your fitness goals may be; whether it is to lose weight and burn more fat, build muscle, strengthen your core, or simply to increase your cardio fitness level, my team of Breaffy Leisure Club fitness experts are happy to design a cardio and strength training workout programme tailored specifically to your personal fitness goals for 2020".*

Among the many **NEW** pieces of equipment which will be arriving soon at The Breaffy Club include: The **NEW 'Stairmaster Gamlet'** is ideal for building lean body muscle and burning fat, the **NEW 'Tornado Airbike'** is designed for a FULL body workout. In fact this piece of equipment will push you to the limit since the greater the resistance the faster you need to pedal making this the ultimate calorie burning sweat machine!. If that is not enough and you want a REAL cycling experience then why not avail of our **NEW 'Watt Bikes'** which simulate the experience of cycling in the Great Outdoors. Our **NEW 'Ascend Vertical Climber'** provides muscle and cardio training helping to burn fat and lose excess weight! Our **NEW 'Ski Erg Machine'** develops strength and endurance by exercising legs, arms and core. Together with our **NEW 'Concept 2 Rowers'**, these upmarket additions are by far one of the best pieces of equipment you'll find in any gym!

"For those who also prefer the use of FREE Weights, we are delighted to announce expansion of our FREE Weights & workout spaces with the addition of new Fixed Barbells, FREE weights and Olympic Plates. These additions and expansion provide for an even more comfortable workout for all our members" states Breaffy Club Fitness trainer Emer O' Toole.

FREE consultations are provided to help you plan your fitness plan for 2020 so why not take advantage of all these wonderful additions at the Breaffy Club and call Marcella and her team today on 094 9044150 to Sign Up OR renew your membership!

### Contact:

Marcella Murtagh | The Breaffy Club | Tel: 094 9044150 | Email: [leisure@breaffyhouseressort.com](mailto:leisure@breaffyhouseressort.com)

**Hours of Operation** | Mon to Fri 6.30am-9.45pm & Sat/Sun/Bank Holidays 8am -7.45pm

**Children's Hours of Operaton** | Mon-Fri 9am-7.30pm

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