



## **Grand Hotel in Malahide**

The Arena is one of Ireland's premier Hotel Health and Fitness Clubs, a recipient of the 'White Flag' award which assures you of our total commitment to operating to the best standards. You can either relax or engage in some vigorous exercise. Whatever you want in your leisure time, it's here. Our Centre will expand your enjoyment of your hotel break in Ireland or provide you with the workout you want during your business stay in the Grand Hotel.

**Our opening times** are:

7.00am to 9.45pm (Children to 7.00pm) Monday to Friday

9.00am to 8.45pm (Children to 7.00pm) Sat, Sun & Public Holidays

The features of the Arena Leisure Centre are:

### **Swimming Pool**

- 21 metres long, 12 metres wide
- Whirlpool
- Bubble Pool
- Kid's Pool
- Supervised by Lifeguards

## **Steam Room**

- 10 person capacity
- Adjacent showers

## **Sauna**

- 10 person capacity
- Adjacent showers

## **Jacuzzi**

- 10 person capacity

## **Gymnasium**

- Aerobic machines
- Cardio-vascular machines
- Weight Machines
- Free weights section
- Gym trainers always on site

## **Aerobics Room**

- Sprung floor
- Integrated sound system
- Steppers and ancillary equipment
- Class times available from Arena reception