

# Join in 3 simple steps

1.

Collect a form from reception at your chosen centre. Download the application form from [www.theleisureplex.com](http://www.theleisureplex.com) or [www.theicebowl.com](http://www.theicebowl.com)

2.

Bring completed forms, relevant documentation, ID, and bank details to your chosen centre\*

3.

Collect your membership cards. Photographs will be required of all those on the membership on collection. Complete your gym induction and start enjoying your membership!

! Juniors must be accompanied by an adult when applying.

! \*Billy Neill Gym and Moneyreagh Community Centre cannot process memberships.

## Love Golf?

### Upgrade to Vitality Plus

Enjoy everything included in Vitality Membership, plus:

- o Unlimited golf (7 days per week\*)
- o Complimentary golf club hire
- o Free group lessons for children
- o Discounted group golf lessons for adults
- o Junior competitions

\*Certain Saturday time restrictions apply.



## Centre Contact Details:

**Lagan Valley LeisurePlex**  
18 Lisburn Leisure Park, Lisburn, BT28 1LP  
T: 028 9267 2121  
E: [leisureplex@lisburncastlereagh.gov.uk](mailto:leisureplex@lisburncastlereagh.gov.uk)  
W: [www.theleisureplex.com](http://www.theleisureplex.com)

**Dundonald International Ice Bowl**  
111 Old Dundonald Road, Dundonald, Belfast, BT16 1XT  
T: 028 9080 9100  
E: [icebowl@lisburncastlereagh.gov.uk](mailto:icebowl@lisburncastlereagh.gov.uk)  
W: [www.theicebowl.com](http://www.theicebowl.com)

**Lough Moss Leisure Centre**  
Hillsborough Road, Carryduff, BT8 8HR  
T: 028 9081 4884  
E: [loughmoss@lisburncastlereagh.gov.uk](mailto:loughmoss@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Glenmore Activity Centre**  
43 Glenmore Park, Lisburn, BT27 4RT  
T: 028 9244 8020  
E: [glenmore@lisburncastlereagh.gov.uk](mailto:glenmore@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Kilmakee Activity Centre**  
52A Rowan Drive, Dunmurry, BT17 9QA  
T: 028 9244 8024  
E: [kilmakee@lisburncastlereagh.gov.uk](mailto:kilmakee@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Vitality Classes at Moneyreagh Community Centre**  
36A Church Road, Moneyreagh, BT23 6BB  
T: 028 9044 9330  
E: [moneyreagh.reception@lisburncastlereagh.gov.uk](mailto:moneyreagh.reception@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Vitality Gym at Billy Neill MBE Country Park**  
Comber Road, Dundonald, BT16 1XB  
T: 028 9244 7100  
E: [info.billyneill@lisburncastlereagh.gov.uk](mailto:info.billyneill@lisburncastlereagh.gov.uk)  
W: [www.theicebowl.com](http://www.theicebowl.com)



**vitality**  
membership  
Live Life With Vitality

[www.theleisureplex.com](http://www.theleisureplex.com) or  
[www.theicebowl.com](http://www.theicebowl.com)

SCAN THE QR CODE  
To learn more



# Fitness & Family Fun for Everyone

## One Membership, Seven Centres



- ICE SKATING
- BOWLING
- INDIANA LAND
- RACQUET SPORTS
- GYM & SPA
- ADULT & KIDS CLASSES
- SWIMMING
- LEISURE POOL
- MISSION INFLATABLE

LCCC  
Lisburn & Castlereagh City Council

[www.theleisureplex.com](http://www.theleisureplex.com) | [www.theicebowl.com](http://www.theicebowl.com)

SCAN THE QR CODE  
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# What is Vitality Membership?

Vitality Membership is a unique health and wellness package which gives members the choice of not one but SEVEN leisure centre facilities:

- Lagan Valley LeisurePlex
- Dundonald International Ice Bowl
- Lough Moss Leisure Centre
- Glenmore Activity Centre
- Kilmakee Activity Centre
- Moneyreagh Community Centre
- Vitality Gym at Billy Neill MBE Country Park



Download the Vitality Membership App and book today!



# Activities Included:

Whether you're improving your fitness and strength, taking up a new hobby or planning a family day out, there's something for everyone:

- |   |  |
|---|--|
| <p><b>Fitness &amp; Wellness</b></p> <ul style="list-style-type: none"> <li>• Six fully equipped gyms</li> <li>• Extensive adult fitness classes</li> <li>• Health Suite</li> <li>• Swimming</li> <li>• Racquet sports</li> </ul> | <p><b>Family &amp; Fun</b></p> <ul style="list-style-type: none"> <li>• Children's classes</li> <li>• Ice skating</li> <li>• Tenpin bowling</li> <li>• Indiana Land</li> <li>• Leisure Pool</li> <li>• Mission Inflatable</li> </ul> |
|---|--|

# What existing Vitality Members have to say:



I want to say a heartfelt thank you to the fantastic Vitality Membership experience you have created. It's such a joy to be part of it.

It is no exaggeration to say I owe my life to the benefits I have received as a Vitality Member. I had major surgery in 2023 which would have been denied to me had I not successfully passed challenging fitness tests. I have made so many friends of all ages during my time at the gym. Apart from my improved fitness level, I have come to appreciate the massive benefits to my mental health. It is the best investment I have ever made and terrific value for money.

Joining has been such a worthwhile investment for my family. We all have a blast at the Family Fun sessions and it is brilliant to be able to go swimming or do the activities in Dundonald International Ice Bowl, anytime we like. Thank you for making it much easier to keep my family active. I highly recommend this to anyone, especially those with kids.

After a bad day at work, a Vitality class always lifts my mood! I am thankful for the friends I have made and the range of classes there are on offer to help me maintain a healthy work/life balance.

Vitality Membership provides affordable gym membership for all our family. As well as the obvious health benefits, Lough Moss Leisure Centre is very much a community hub for sport and social engagement. The staff are excellent and provide expert instruction and care in a welcoming and fun environment. We really would be lost without this facility.

Since joining, I have made a new group of friends. I especially like the water-based exercise classes which I find beneficial for strength and balance, which are essential as I get older.

The baby and kids classes are so engaging and have become a highlight of our week! I love the Parent & Tots circuits as it's the perfect combination, I am able to get moving while the kids are entertained and the atmosphere is always so welcoming. The membership is definitely value for money and really enriches our free time.



# Choose your Membership



Household Membership	Household Membership	Household Concession
2 adults (18+ years) + up to 5 children living at the same address	1 adult (18+ years) + up to 5 children living at the same address	Available if one adult is: <ul style="list-style-type: none"> <li>◦ In receipt of benefits</li> <li>◦ Disabled</li> <li>◦ Aged 60+</li> </ul>
Individual Membership	Individual Concession	*Proof of address is required for all individuals in the household membership and evidence of date of birth is required for children under 18 years.  Only one promotion applies per membership. A letter of entitlement dated within the last 3 months must be provided to avail of concession rates.
One adult (18+years)	Available for: <ul style="list-style-type: none"> <li>◦ Under 18 years</li> <li>◦ 60+ years</li> <li>◦ Disabled</li> <li>◦ In full-time education</li> <li>◦ In receipt of benefits</li> </ul>	



No joining fee

Direct debit monthly option

SCAN HERE for membership prices

