

WELLNESS OFFERS

Be Fit For Life

Be Fit For Life are offering a special €97 gift certificate, just for you! This entitles you to a FREE week in the famous Fitness Academy Team Training.

Expiration Date - 30th September 2017

www.befitforlife.ie - Phone: Jan Kelly - 01-2176518



ClearSkin Medical Skin Clinic

SPECIAL OFFER: The 5 in 1 Pack is on special offer for €150 (worth over €365). The pack includes 5 facial treatments all done in 1 appointment and is an excellent treatment to clear out the pores and remove dull, dead skin.

Available 24th - 30th September 2017

Call 01 2939148 to book an appointment



Insomnia

20% off BC Bars

Available 24th - 30th September 2017



Mango Tree

€5 off when you spend €20 during Wellness Week

Available 24th - 30th September 2017

In store only



Motivation Weight Management

Free Initial Assessment & 5 Week Weight Loss Programme for Just €100

All day, every day from 24th - 30th September 2017

Tel: 01 293 8020



Pizzicato Restaurant

As part of promotion deal we are going to do our own menu of "Protein Box" (3 pcs of chicken/3 poached eggs, choice of pasta or mixed green leaves salad for €10.00 / with free bottle of Ballygowan Water).

Available 24th - 30th September 2017



Total Physio Corporate Health Services

Musculoskeletal disorders - Total Physio will compliment your Wellness Campaign through on-site seminars, screening and workshops. Get 15% off when you book an event during Sandyford Business District Wellness Week!

Available 24th - 30th September 2017

Email info@totalphysio.ie for more information



West Wood Health Club

7 Day Free Complimentary Membership.

Available 24th - 30th September 2017

(01) 289 3208 / aaron.fleming@westwood.ie



CALENDAR

		Date / Time	Offer
SUNDAY		Bikram Yoga Sandyford 24/09/17 09:30 - 10:30	Twilight Runners! Enjoy a well deserved stretch and smile at Bikram Yoga Sandyford! Twilight Runners may avail of one free Bikram or Yin yoga class. Runners must bring race number at time of Registration to avail of special offer. One free class per person only! Register at info@yogabikram.ie
		Total Physio 26/09/17 12:45 - 13:30	Free Lunchtime Pilates Class at Total Physio! Register at info@totalphysio.ie or call 01-2137000
TUESDAY		Be Fit For Life 26/09/17 13:00 - 14:00	Seminar - "The Truth About Weight Loss"
		CrossFit Sandyford 26/09/17 13:00 - 13:40	Free fat - loss talk for busy professionals including a complimentary body scan valued at €47 Register by calling 01 2063669 or visiting info@crossfitsandyford.ie
WEDNESDAY		Total Physio 27/09/17 12:45 - 13.30	Free Seminar - "Fit at Work". Prevent tension from prolonged sitting, ergonomics review and learn ways to stay mobile at your desk. Register at info@totalphysio.ie or call 01-2137000
		CrossFit Sandyford 27/09/17 13:00 - 13:40	Free fat - loss talk for busy professionals including a complimentary body scan valued at €47 Register by calling 01 2063669 or visiting info@crossfitsandyford.ie
THURSDAY		McSport 27/09/17 18:00 - 19:00	Anna Geary speaking about the importance of keeping fit in the workplace along with Glenisk, ViiHit and Wyldsson providing samples on the night in goodybags. Register at andrea@mcsport.ie
		Spirit Twilight 5k Run 28/09/17 19:30	Start Line - Three Rock Road Register at www.twilightteamchallenge.com
FRIDAY		Square One Cafe 29/09/17 8:00 - 10:00	Coffee Morning - Free cup of coffee for every person along with a meet and greet!

Powered by: **SBD SANDYFORD BUSINESS DISTRICT**

Spirit 5K TWILIGHT TEAM CHALLENGE
Run, Race & Walk

@Sandyfordbd

@SandyfordBd

Email: hello@sandyford.ie Call us: 01 544 1313

Sandyford BID CLG, 10 Leopardstown Office Park, Burton Hall Avenue, Sandyford, Dublin 18. D18 FK72. Ireland.



WELLNESS WEEK

SEPTEMBER 24TH - 30TH

HIGHLIGHT EVENT

Spirit
Motor Group
5K TWILIGHT
TEAM CHALLENGE
Run, Race & Walk

MAKING SANDYFORD IRELAND'S
FITTEST BUSINESS DISTRICT

www.sandyford.ie

Gyms

Wellness

Activity Centres

Cafés, Restaurants & Stores

Childcare Services

Gyms	
1	Ben Dunne Gym bendunnegyms.com
2	Be Fit For Life befitforlife.ie
3	BHAF (Body Health And Fitness) bhaf.ie
4	Chapter 2 Fitness chapter2fitness.ie
5	Crossfit Green crossfitgreen.com
6	Crossfit Ireland crossfitireland.ie
7	Crossfit Sandyford crossfitsandyford.ie
8	F45 Training f45training.ie
9	Optimum Performance optimumperformancedublin.com
10	Origin Fitness originfitness.com
11	Raw Gym rawcondition.com
12	Southside Gym southsidegym.ie
13	West Wood Club westwood.ie

Wellness	
1	Bikram Yoga yogabikram.ie
2	Brazilia brazilia.ie
3	Centric Health Sandyford Medical And Dental centricgp.ie
4	ClearSkin clearskin.ie
5	Curves curves.eu
6	East Coast Orthodontics eastcoastorthodontics.ie
7	Motivation Weight Management motivation.ie
8	Physio Fit Woman physiofitwoman.ie
9	Simply Beauty - Beacon simplybeauty.ie
10	Simply Beauty - Central Park simplybeauty.ie
11	Total Physio totalphysio.ie

Activity Centres	
1	Imaginosity imaginosity.ie
2	Jump Zone jumpzone.ie
3	Leopardstown Golf Centre golfnet.ie
4	Leopardstown Race Course leopardstown.com
5	Naomh Olaf GAA Club naomholaf.ie
6	Ski Centre skicentre.ie
7	Skill Zone skillzone.ie
8	The Wall Climbing Gym thewall.ie
9	Womens Mini-Marathon Limited vhiwomensminimarathon.ie

Cafés, Restaurants & Stores			
1	Baan Thai baan thai.ie	13	Insomnia insomnia.ie
2	Barista's Café baristascafe.ie	14	La Dolce Vita Restaurant ladolcevitasandyford.com
3	Bi-Weekly Food Market irishvillagemarkets.ie	15	Lets Eat In letseatin.ie
4	Brambles Café brambles.ie	16	Londis londis.ie
5	Café Bliss cafebliss.ie	17	Mango Tree mangotree.ie
6	Café Square One square-one.ie	18	Michie Sushi michiesushi.com
7	Cafe Togo cafetogo.ie	19	Munchies - Beacon South Quarter munchies.ie
8	Caracas Coffee House	20	Munchies - Central Park munchies.ie
9	Centra, Central Park centra.ie	21	Musashi Noodles & Sushi Bars musashi.ie
10	China Sichuan Restaurant china-sichuan.ie	22	My Thai my-thai.ie
11	Chopped chopped.ie	23	Pizza Hut beaconsouthquarter.ie
12	Clayton Hotel claytonhotelleopardstown.com	24	Pizzicato
		25	Soup Café soupcafe.ie
		26	Starbucks starbucks.ie
		27	Subway subway.com
		28	Subway - Beacon Court subway.com
		29	The Art Of Coffee theartofcoffee.ie
		30	The Beacon Hotel thebeacon.com
		31	The Coffee Shot beaconsouthquarter.ie
		32	The Food Crew thefoodcrew.ie
		33	Woodfire & Green woodfireandgreen.ie

Childcare Services	
1	Giraffe Childcare - Central Park giraffe.ie
2	Giraffe Childcare - Leopardstown giraffe.ie
3	Park Academy - Beacon Court parkchildcare.ie
4	Park Academy - Beacon South Quarter parkchildcare.ie

