



Fitness, Fun & Facials in Sandyford

#spendinsandyford





***Fitness, Fun
& Facials***

Renew your body and your health to turn back the clock and feel 10, 20...even 30 years younger In just 3 short hours per week.

Sandyford Business District's only gym for men and women over 40.

We create a warm and accepting environment where each member feels ready to regain control of their health. Our members tell us that they felt at the peak of their careers, but it was at the expense of their health. They looked to who they were and part of them still feels like that. But when they looked to the future, they saw that going in the opposite direction.

Every member is given one-to-one time with a coach to have conversations about change, whether that is your mindset, training, lifestyle and nutrition. We guide our members how to transform themselves inside and out and they decide when they want to be the best version of themselves.



This unique blend of challenge and support helps our members flip the "accepted" perspective on what ageing is so our members can determine their own future, not only physically, but also mentally and emotionally.

BE FIT FOR LIFE

70 Heather Road,
Sandyford Business Park, Dublin 18, D18 H7K7

T +353 1 2176518 www.befitforlife.ie



***Fitness, Fun
& Facials***

Mr Kambiz Golchin, founded **Beacon Face and Dermatology** in 2006 and has seen the clinic grow from strength to strength over the years. From the beginning an emphasis was placed on leading the way in the latest technology. For **Beacon Face and Dermatology**, it's not only paramount that we stay up to date with current cosmetic trends, but we like to be ahead of the industry when it comes to providing the most innovative services and products.



Year after year, we have consistently been the first in the Irish market to supply our customers with leading treatments such as Pelleve and Ultherapy.

In 2018 we became the first clinic in Ireland to introduce EMSCULPT to our patients.

BEACON FACE AND DERMATOLOGY

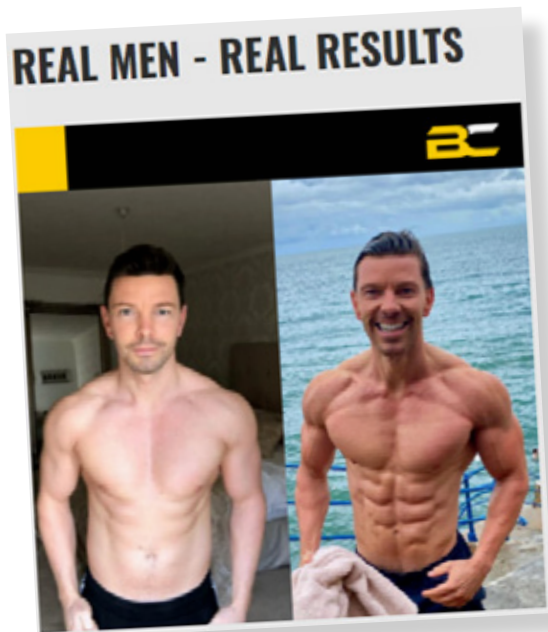
Beacon Court,
Sandyford Business Park, Dublin 18, D18 T8P3

T +353 1 2136220 **www.beaconfaceanddermatology.ie**

The
BETTER MAN
PROJECT

**Fitness, Fun
& Facials**

Ben has been in the fitness industry for over 10 years and helped thousands of driven men achieve a rock-hard physique. He developed **The Better Man Project** in order to work with more ambitious, business-minded men who want to skyrocket every aspect of their lives.



BEN CRAUGHWELL COACHING

Unit T30 Rowan Avenue,
Stillorgan Business Park, Co Dublin, A94 V326

T +353 1 2999499 www.optimumperformancedublin.com

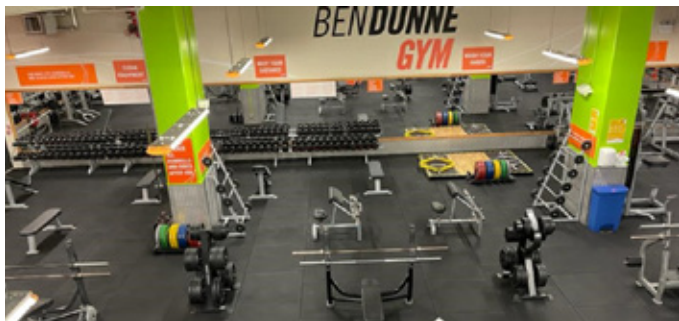
BENDUNNE[®] GYMS

*Fitness, Fun
& Facials*

Ben Dunne Gym Sandyford is located in the Beacon Shopping Centre in Sandyford Business Park Dublin 18 with easy access to and from M50 exit 13 and close to Sandyford, Leopardstown, Kilmacud and Dundrum.

FACILITIES

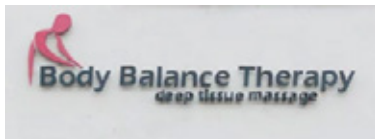
- Strength and Conditioning Area
- Functional Training Area
- Cardio Equipment - Treadmills, Stair Master, Cross Trainers, Bikes, Ski Ergs, Rowers, Steppers
- Free Weight and Resistance Equipment



BEN DUNNE GYMS

Beacon South Quarter,
Sandyford Business Park, Dublin 18, D18 K6X4

T +353 1 2930000 www.bendunnegyms.com



***Fitness, Fun
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Body Balance Therapy Dublin is situated in Sandyford Business Park in Dublin 18. Committed to bringing the body back to neutral and providing the best quality treatments, they specialise in deep tissue and sports massages.

The welcoming team at **Body Balance** pride themselves on providing a deeply relaxing experience while working on problem areas. An escape in the busy Sandyford area, their invigorating treatments will help you release all the stresses and strains of your daily life.



BODY BALANCE THERAPY

Blackthorn Avenue,
Sandyford Business Park, Dublin 18

T +353 086 1959015 www.bodybalancetherapy.ie

***Fitness, Fun
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At Body Health and Fitness Sandyford we deliver the best service and results to all of our clients. Our professional personal trainers do this through an honest, friendly and evidence-based approach to exercise, training, health coaching and nutrition.

We work with individuals and small groups. The overall aim at our gym is to improve health, fitness and the achievement of our clients' goals.



BODY HEALTH & FITNESS

7-8 Holly Avenue,
Stillorgan Business Park, Co Dublin, A94 W283

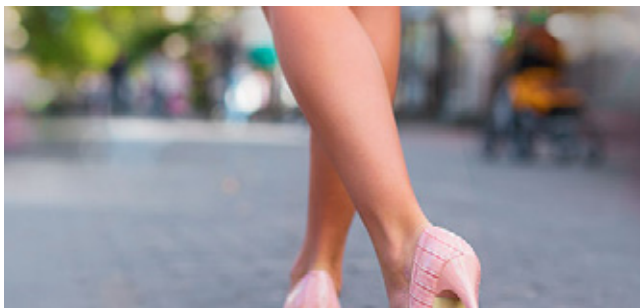
T +353 1 2931829 www.bhaf.ie



***Fitness, Fun
& Facials***

Brazilia offers a relaxed and beautiful setting for all hair removal treatments. Their salon in Sandyford Business Park offers 5 individual waxing treatment rooms, 2 spray tan rooms, a laser room and a nail bar, each staffed by a friendly, experienced therapist.

Brazilia is a hair removal specialist salon offering both waxing and SHR laser removal to both men and women. **Brazilia** has become Dublin's premier precision waxing salon.



Open since 2007, they have built up a consistently good reputation for quality waxing using the world renowned Lycon Wax. They also provide spray tanning and nail services. **Brazilia Sandyford** also offers FREE parking outside.

BRAZILIA SALON LTD

Blackthorn Avenue,
Sandyford Business Park, Dublin 18, D18 F9W2

T +353 1 2934858 **E** sandyford@brazilia.ie **www.brazilia.ie**

At **ClearSkin** we pride ourselves in offering clients the best medical grade treatments that are safe, affordable and achieve real results.

Using state of the art equipment to deliver a first-class service with outstanding results, **ClearSkin** has helped thousands of clients improve their confidence with non-surgical cosmetic treatments.

ClearSkin uses only the latest, safest and clinically proven treatments and products to give clients the best experience at affordable prices.



CLEARSKIN & LASER CLINIC LTD

Beacon South Quarter,
Sandyford Business Park, Dublin 18, D18 XE95

T +353 1 2939148 www.clearskin.ie



With encouragement and accountability from our coaches and members at **C2 Fitness** there is opportunity for all fitness levels to improve and excel in everyday life. Whether that means becoming better at a specific sport, losing weight, becoming stronger, or just wanting to live a healthier and better lifestyle.

What makes us unique?

Chapter2 Fitness is a unique facility with a tremendous member base and a community-like feeling. Our gym mentality allows all members to feel that they are not only part of a workout, but rather a way of life. We are home to CrossFit C2F, Chapter2fitness registered Crossfit affiliation and Motion Matters, our in-house Physical Therapy Clinic.



Our experienced coaches are from a wide variety of disciplines including Crossfit coaches and competitors, Personal Trainers, Physical Therapists, Strength and Conditioning coaches and boxing coaches. As a result, our classes, programmes and personal training models are unique, exciting, modern and varied, combining the best of these backgrounds and experiences.

CROSSFIT C2F

61D Heather Road,
Sandyford Business Park, Dublin 18, D18 PD62

T +353 086 1933186 www.chapter2fitness.ie



***Fitness, Fun
& Facials***

We don't just "get" you fit, we keep you fit.

The Experience

So much more than just **CrossFit**, our diversity of classes makes us accessible to anyone and everyone. Demand more from your **CrossFit** experience and open yourself up to our wide range of classes.



Our health has never been more important. Fitness can be the first step to a healthier way of life. Whether your goal is weight loss or getting stronger, the journey can be the most important part.

CROSSFIT GREEN

Unit T13 Maple Avenue,
Stillorgan Business Park, Co Dublin, A94 CD42

T +353 1 2938855 www.crossfitgreen.com



***Fitness, Fun
& Facials***

Our mission to be the place you find joy in fitness, develop genuine connections with great team mates who build your self belief, confidence, and help you find happiness, achievement and fulfillment.

WHO WE ARE?

- We are coachable:
- Humble (always looking to learn)
- Trusting
- Growth Focused
- We are enthusiastic:
- Positive
- Give 100% effort
- Grateful
- We are team players:
- Supportive
- Conscientious
- Inspiring



What We Want For Everyone in **CFI**:

- ***Fitness*** – the ability to live the life you want
- ***Health*** – physical, social and emotional
- ***Happiness*** – enjoy the journey AND the results!

CROSSFIT IRELAND

T27 Rowan Avenue,
Stillorgan Business Park, Co Dublin, A94 XE37

T +353 1 2063669 www.crossfitireland.ie



***Fitness, Fun
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Change up your approach so you look and feel amazing.

With our individualised program you'll get coached into the best shape of your life, so you love not only what you see in the mirror but also what your body is capable of.

At **FitWithin** we believe in a tailored approach to training and we are very aware that one size does not fit all. Everyone is an individual and as such every fitness journey should be individualised. Your training will be overseen by our team of highly qualified and experienced coaches who will make sure that your plan suits you and your goals.



FitWithin

Unit 3D Three Rock Road,
Sandyford Business Park, Dublin 18

T +353 1 2063669 E hello@FitWithin.ie www.fitwithin.ie



SANDYFORD

*Fitness, Fun
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Welcome to **F45**

The **F** stands for functional training, a mix of circuit and HIIT style workouts geared towards everyday movement. **45** is the total amount of time for sweat-dripping, heart-pumping fun.

F45 is specifically designed to provide a functional full-body workout while improving energy levels, metabolic rate, strength, and endurance.

The team mentality at **F45** Training helps members transform their lifestyle physically and mentally while encouraging community growth and a no-ego attitude.

F45 is one of the most time-efficient ways of training. We aim to burn up to 750 calories per 45-minute session.



Check out our introductory trial offer: Get 2 weeks unlimited sessions for just €49

F45 TRAINING

Beacon South Quarter,
Sandyford Business Park, Dublin 18

T +353 1 4432353 www.f45training.ie



***Fitness, Fun
& Facials***

Headon Boxing Academy has opened a new studio in Sandyford Business Park beside Woodies (above Woodside Coffee and Kitchen).

This studio specialises in boxing and fitness classes that are designed for beginners.

Join the **Headon Boxing Academy** to learn a new skill, get fit, have fun and to try one of Dublin's most popular fitness classes!



HEADON BOXING ACADEMY

Unit 5 Arena Road,
Sandyford Business Park, Sandyford Dublin 18

T +353 86 2338789 **E** info@headonboxing.ie **www.headonboxing.ie**



**Fitness, Fun
& Facials**

Healing Yoga blends the science and psychology of wellbeing with yoga, somatic movement, reiki, life coaching, and family constellation work.

Check out **one-to-one holistic services, weekly yoga classes, corporate workshops, in-house wellbeing events, and country house retreats** on www.healingyoga.ie

Healing Yoga offers **Bespoke Corporate programs** to organisations seeking to embed Wellbeing into their corporate culture-
www.healingyoga.ie/corporate-wellness/

They offer **Creative Wellbeing Training Programs** to schools, parents, teachers, and healthcare workers to aid their support of children's emotional and mental health through movement, self-care, and creative expression.

Keep up to date on new offerings, tips, and tricks by following [@healingyogasoma](https://www.instagram.com/healingyogasoma) on Instagram and Facebook.



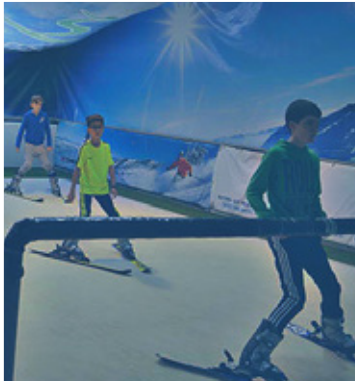
Venue: Online Classes, In-person workshops and one-to-one services plus retreats at Country House destinations across Ireland.

HEALING YOGA

Podium Road, Central Park, Dublin 18, D18 NR24

T +353 087 9633229 **E** laura@healingyoga.ie **www.healingyoga.ie**

At the **Ski Centre**, we use unique revolving slope technology that simulates real ski runs and allows skiers to get in realistic length ski runs. We'll help you develop better posture, balance, edge precision and rotation control, in turn improving your fitness and confidence in your skiing.



We offer a wide range of skiing and snowboarding experiences to our customers. Below is a collection of some of our most popular services.

30 Minutes per hour skiing compared to typical 5 minutes on average outdoor slope.

Qualified instructors with max 3 per group compared to typical 8 for other indoor slopes.

A typical 30 minutes on the slopes will cover 11km - Mount Everest in comparison is 9km!

Unlike typical skiing lessons, there are no lifts/queues which means more time on the slopes.

We cater to all levels, whether you're a beginner, intermediate or advanced skier.

We provide all necessary equipment, but feel free to bring your own gear if you like.

SKI CENTRE DUBLIN

26 Rowan Avenue,
Stillorgan Business Park, Co Dublin, A94 P7R9

T +353 1 6522748



Janz Gymnastics Club

Sport & recreation

***Fitness, Fun
& Facials***

Our club was founded in 1986, and this year marks our 35th Anniversary. We moved to our current full-time facility on Three Rock Road in Sandyford Business District in 2011.

At **Janz Gymnastics Club** we cater for gymnasts of all ages and abilities from 2 ¹/₂ years old upwards with both recreational and competitive programmes in Women's and Men's Artistic gymnastics.

Our programme includes all apparatus for both disciplines, together with various other equipment used throughout our classes including trampoline and tumbling track.



We plan to re-open our adult programme from the end of September 2021

JANZ GYMNASTICS CLUB

Unit A4 Three Rock Road,
Sandyford Business Park, Dublin 18, D18 NW93

T +353 1 2973373 www.janzgymnasticsclub.clubeo.com



Jump Zone

*Fitness, Fun
& Facials*

Jump Zone Sandyford has it all, with an amazing mix of jumping, climbing, Ninja, dodgeball, assault course, climbing tower, trapeze and gymnastic airtrack making it an ideal location for all ages to exercise and have fun – individuals, kids parties, school groups, corporate teams or gangs of friends.



For groups we can tailor packages to suit your needs. For solo jumpers – book an Open Jump session.

JUMPZONE

71-73 Heather Road,
Sandyford Business Park, Dublin 18, D18 XE70

T +353 1 2939356 www.jumpzone.ie

Origin Fitness is a facility and a way of life that works towards achieving individual goals whether that be weight loss, a more balanced healthier lifestyle, sports performance or rehabilitation after an injury.

From strength training to rebounding, conditioning to pilates – our expert trainers and small classes will help you to achieve your fitness goals.

We believe in training smart, working hard and having fun.

Origin Fitness has now also evolved with Covid-19 and the gym is set up in individual training units in a well ventilated space where you must be into the class via the app. Class numbers are small and we also now have a fully equipped outdoor gym area, creating options indoors and out.



Class times are early morning, mid morning, lunchtime, evenings and weekend options so lots of flexibility.

ORIGIN FITNESS

31 Spruce Avenue, Stillorgan Business Park, Co Dublin, A94 H2T0

T +353 085 7254283 / 085 7254283 **E** drew@originfitness.ie
www.originfitness.ie



***Fitness, Fun
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For over 10 years **Raw Gyms Dublin** have been creating the ultimate training experience that you will want to relive over and over again. We deliver inspirational, vibrant fitness classes led by the best instructors in Dublin. We hire dedicated, passionate fitness professionals and we believe in creating customised workouts that take the boredom out of training. We've raised the standards of the fitness industry in Ireland, now it's time to change your life and raise your standards.



RAW GYMS

2 Burton Hall Road, Sandyford Business Park, Dublin 18, D18 W860

T +353 1 6574691 www.rawgyms.com

Instagram: www.instagram.com/rawgymsdublin.

Simply Beauty

-a holistic approach to beauty-

**Fitness, Fun
& Facials**



Simply Beauty has been at the forefront of beauty and skincare treatments since 2011.

In addition to providing traditional beauty treatments, we also specialise in permanent make-up and Embrowdery, and we are the only beauty salon in South Dublin providing professional Mesotherapy. We have built our reputation on our uncompromising commitment to the highest standards in the beauty industry.

With our passion and attention to detail, using the latest techniques and the best quality products on the market, we offer a wide range of beauty treatments to help you unwind and feel glamorous from head to toe.

Browse our website to find more about all the treatments and products we can offer you!

Or simply give us a call or book your appointment online. We look forward to welcoming you.

*Evelina and the **Simply Beauty** team*

SIMPLY BEAUTY - Central Park

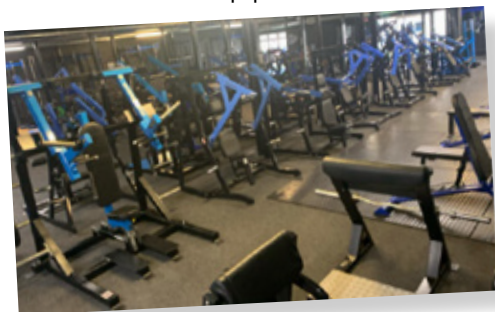
Unit LG06, Block L,
Central Park, Dublin 18, D18 W952

T +353 1 5980641 www.simplybeauty.ie



***Fitness, Fun
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Based in Sandyford Business District, **Southside Gym** is arguably the best equipped and laid out gym in South Dublin. With over 10,000 sqft of space and officially the largest dumbbell area in Ireland we offer an unrivalled training atmosphere and some of the best equipment on offer.



Our members value their training and have chosen **Southside Gym** because of our re-investment in equipment and facility design, we are known for continually evolving the gym from equipment to services. With a range of independent personal trainers available we also offer free classes for members which can be booked through our customised app.

Southside Gym is a stand-out in the industry and is setting the standard for strength and fitness gyms in Dublin, we are often copied but never equalled.



We are proud to be the first and only Red Bull sponsored gym in the World!

SOUTHSIDE GYM

22 Spruce Ave, Stillorgan Business Park, Dublin A94 N620

T +353 085 1903214



***Fitness, Fun
& Facials***

We bring back the traditional Gentleman's Barbershop by offering the best men's haircuts, hot lather shaves and world class grooming products. Of course, every haircut is finished with a straight razor neck shave.



THE BEACON BARBER

Block A5, Unit 4, The Plaza,
Beacon South Quarter, Sandyford Business Park, Dublin 18, D18 X7W9

T +353 085 158 5313 www.thebeaconbarber.ie

The Colour Box Hairdressing, owned and managed by Natasha Curry is situated over Southside Gym on Spruce Avenue. Providing creative hair cutting and colouring techniques along with a commitment to offering great service and value for money.



THE COLOUR BOX HAIRDRESSING

Unit 22 Spruce Avenue,
Stillorgan Business Park, Co Dublin, A94 N620

T +353 085 1017560

THE WALL

Climbing Gym

*Fitness, Fun
& Facials*

The Wall is Dublin's best and biggest bouldering wall with over 1000 square metres of climbing surface and a wide range of angles and features.

Located in Sandyford Business District in South County Dublin, Ireland only a stone's throw from the LUAS and the M50 you will find a fun, friendly atmosphere which caters for all climbers whether first timer or expert.



Our great staff will make you feel welcome and help you take your first steps in the vertical world.

THE WALL CLIMBING GYM

5 Arkle Road,
Sandyford Business Park, Dublin 18, D18 DK29

T +353 1 2970442 www.thewall.ie



***Fitness, Fun
& Facials***

WEST WOOD

C · L · U · B

Westwood Leopardstown health club is built around an amazing 25,000 square foot gym, packed with the most up-to-date gym equipment available. Including the latest body-shaping equipment, fat-loss equipment, fitness equipment, strength training free weights, and much much more.



WEST WOOD CLUB Ltd

Leopardstown Racecourse, Dublin 18, D18 C9V6

T +353 1 2893208

www.westwood.ie

The Easy Way To Spend In Sandyford!

A Guaranteed Irish Multi-store Gift Card



kenneth
hodgins
interiors

Woodie's

SQUARE ONE

BIZQUIP
WE MAKE WORK FLOW

Michael **MURPHY**
Home Furnishing

O'Briens
wine · beer · spirits



RUG ART

McGUIRK'S
GOLF



Munchies
ROBUST TO GOODNESS

EZliving
INTERIORS

WOODFIRE
& GREEN

Welcomed by Great Sandyford businesses and over
6,000 Stores, nationwide,
including **1,000 Exclusive Stores**

Supporting Irish Retail

Available at Applegreen Stores & online at **me2you.ie**