

FACILITIES

Atomic Health + Fitness Aberystwyth.

Its not always all about training like Tarzan we want our member to relax like Jane. Making full use of our custom-made Sauna and Plunge Pool to aid recovery or simply sit back in the bubbles of our Hot Tub.



Cardio Suite

State-of-the-art Cardio Suite with every possible machine. From Steppers to Ski Ergs, we have you covered.



Strength & Conditioning Area

3000 square foot of a Functional Training area. Fully equipped with the very best Eleiko Weightlifting equipment.



Free Weights Area

A full range of Free Weights by market leaders Nautilus Strength.



Café

Treat yourself before or after a tough session to a fresh coffee and nutritious snack from our Espresso and Snack Bar. Coffee, Smoothies, Snacks, Supplements.



Changing Facilities

Luxurious Changing Rooms to allow our members flexibility to train whether that's before, after or even during work.



SPA

Take a break from training and a busy lifestyle and relax in our Nordic SPA. Make full use of the Sauna, Hot Tub and Ice Plunge Pool.

Wellness and Beauty Clinic