

Class Information

Spin Intro

Exactly what it says on the tin.. This Free 20 minute class is for individuals who have never participated before and are interested in taking part in Spin. The class simply shows how to set up your bike correctly, how to use the bike safely and get you started.

Aqua Aerobics

Using water resistance to help you tone and strengthen muscles.

BoxFit Express

Do you want a physique like Rocky? Don't "Sly" away from explosive intensity, hard hitting + technical exercises, punch above your weight and burst into our new class.

Curcuits

A varied class between different stations working upper, middle and lower parts of your body. All exercises are aimed at improving overall general fitness and muscle tone. All levels of fitness welcome.

Rig / FT (Functional Training)

A varied class between different stations working upper, middle and lower parts of your body, utilizing our new multifunctional gym rig. All exercises are aimed at improving overall general fitness and muscle tone.

Pilates*

Pilates is an exercise which is focused on building strength, improving flexibility, agility and tightening up your muscles.

Pump 'N' Tone

This is an exciting barbell class to music using all major muscle groups. This is an innovative way to tone up all areas of your body

Spin

Get on your bike for a great adventure with a qualified instructor. This class will give you a great cardio vascular workout. You can also burn up to 500 calories during each 45min class.

Teen Fitness

This class is designed for 12-16yr old teenagers. Includes studio and Cardio workouts, circuits, steps and toning.

BTT (Bums, Tums & Thighs)

This is exactly what it sounds like, workouts designed to achieve a flatter stomach, tighter bum and toned thighs.

Aerobics Class Timetable (Sep 2017)

Mondays

Rig / FT	9:30 am - 10:30 am	€5
Spin	10:30 am - 11:10 am	€4
Aqua Aerobics	11:15 am - 12:00 pm	€5
▲Morning Classes▲		▼Afternoon Classes▼
Boxfit Express	6:20 pm - 6:50 pm	€4
Spin	7:00 pm - 7:45 pm	€5
Punp 'N' Tone	8:00 pm - 9:00 pm	€5

Tuesdays

Punp 'N' Tone	9:30 am - 10:30 am	€5
▲Morning Classes▲		▼Afternoon Classes▼
Tone Zone	5:30 pm - 6:15 pm	€4
Spin Intro	6:30 pm - 6:50 pm	FREE
Spin	7:00 pm - 7:45 pm	€5
Rig / FT	8:00 pm - 9:00 pm	€5

Wednesdays

Spin	9:30 am - 10:15 am	€4
Aqua Aerobics	10:15 am - 11:00 am	€5
Pilates	10:20 am - 11:20 am	Course*
Pilates	11:20 am - 12:20 pm	Course*
▲Morning Classes▲		▼Afternoon Classes▼
Teen Fitness	5:00 pm - 6:00pm	€4
Rig / FT	6:30 pm - 7:30 pm	€5
Pilates	7:00 pm - 8:00 pm	Course*
Pilates	8:00 pm - 9:00 pm	Course*

Thursdays

Rig / FT	9:30 am - 10:30 am	€5
▲Morning Classes▲		▼Afternoon Classes▼
Spin	6:40 pm - 7:25 pm	€5
Pump 'N' Tone Exp	7:30 pm - 8:10 pm	€4
Aqua Aerobics	8:15 pm - 9:00 pm	€7

Fridays

Spin	9:30 am - 10:15 am	€4
Aqua Aerobics	10:15 am - 11:00 am	€5

▲Morning Classes▲		▼Afternoon Classes▼
Circuits	6:30 pm - 7:15 pm	€5

Timetable Continued

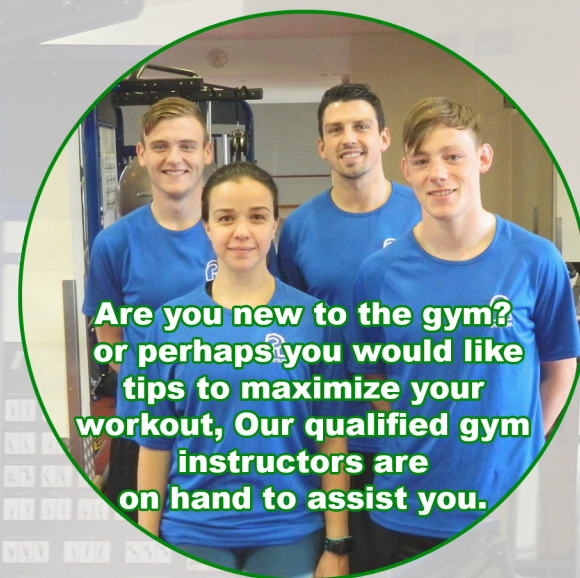
Saturdays

Rig / FT	9:30 am - 10:30 am	€5
Spin	10:35 am - 11:20 am	€4
Teen Fitness	11:30 am - 12:30 pm	€4

Sundays

Spin	10:00 am - 10:30 am	€4
Abs Blast	10:35 am - 11:05 am	€4

Note: Pilates must be booked as a full course only.
Please enquire at reception for place availability.



Our Supervised indoor play area is available to entertain our younger members while mum's and dad's work out or participate in a class.
Pre-booking is recommended.
Contact reception on 01 8621200 to book a place

For easy access to our class timetable and more.....
Download our App from the app store, or scan the QRcode below.



SportsLink

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