

Beginning Monday 27th June 2022 FITNESS CLASS TIMETABLE

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|---------------|---------------------|-----------------|---------------------|---------------------|---------------------|
| Gym Opening | 7am - 10pm | 7am - 10pm | 7am - 10pm | 7am - 10pm | 7am - 10pm | 9am - 6pm |
| 9:30 | Zumba | Spinning | Circuits | Spin Combo (60mins) | Spin Combo (60mins) | |
| 10:00 | | | | | Aqua Aerobics | Spin Combo (60mins) |
| 10:15 | | | <i>*Pilates</i> | | | |
| 10:30 | Aqua Aerobics | | Aqua Zumba | | | |
| 11:00 | | | | | | TEEN GYM |
| 11:20 | | | <i>*Pilates</i> | | | |
| 14:00 | | | | | | |
| 19:00 | Spinning | Spin Combo (60mins) | Circuits | Zumba (60mins) | | |
| 19:00 | | | <i>*Pilates</i> | | | |
| 20:00 | | | <i>*Pilates</i> | | | |
| 20:15 | | | | Aqua Aerobics | | |
| 22:00 | Closed | Closed | Closed | Closed | Closed | |



ALL CLASSES €5 pay as you go or €15 unlimited per week

ALL CLASSES 45mins Unless stated

**PILATES pay per term available for members & non-members*

DEFINITIONS:

SPIN COMBO SPIN COMBO IS THE BEST OF SPINNING MIXED WITH STRENGTH AND CONDITIONING TO GIVE YOU THE ALL IN ONE CLASS THAT IS SURE TO BRING BOOST YOUR FITNESS BACK. THIS CLASS WILL BE AVAILABLE IN OUR SPORTS HALLALLOWING AMPLE SPACE TO SOCIALLY DISTANCE

SPINNING SPINNING IS A CARDIO CLASS ON STATIONARY BIKES, FULL OF FAST PACE SPRINTS
A CLASS TO GET THE HEARTRATE UP. INCREASES FITNESS LEVELS AND STRENGTH.

AQUA ZUMBA OUR AQUA ZUMBA CLASSES ARE FULL OF LOW IMPACT, HIGH ENERGY AQUATIC EXERCISE. A POOL PARTY NOT TO BE MISSED!

TEEN FIT YOUNG AND BORED WHY NOT COME DOWN AND TRY ONE OF OUR TAYLOR MADE YOUTH FITNESS TRAINING SESSIONS INCLUDING;
CARDIO, STRENGTH AND CONDITIONING. SUITABLE FOR 13-16 YEAR OLDS.

ZUMBA LOW & HIGH INTENSITY MOVES FOR INTERVAL STYLE CALORIE BURNING DANCE FITNESS PARTY!

BODY FLEX COMBINATION OF YOGA, PILATES, CORE STRENGTH , BALANCE, TONING MOVES AND BREATHING. SLOW MOVING CLASS FOCUSING ON FLEXIBILITY & RELAXATION.

CIRCUITS CIRCUIT TRAINING CONSISTS OF A CONSECUTIVE SERIES OF TIMED EXERCISES PREFORMED ONE AFTER ANOTHER WITH MINIMAL REST. IS AN EXCELLENT WAY TO IMPROVE MOBILITY, STRENGHT AND STAMINA.