

THE JOHNSTOWN ESTATE LEISURE CLUB

FITNESS CLASS TIMETABLE

01/09/2025

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15 AM	Kettlebell/TRX (30 min)			Spin (30 min)			
8.00 AM	Gym Education (45 min)						
8.15 AM					Aqua (45 min)		
9.00 AM							Hyrox Training (60 min)
9.30 AM	Strength & Tone (45 min)	Bootcamp (45 min)	Hyrox Indoors (45 mins)	BLT (45 min)	Gym Circuits (45 min)		
		*Pilates		*Pilates			
10.30 AM	Aqua (45 min)	*Pilates	Aqua (45 min)		*Yoga	Bootcamp (45 min)	
	*Yoga						
1.30PM		Spin (30 mins)		Spin (30 mins)			
2.00 PM						Gym Education (45 min)	
6.30 PM	Body Pump (45 min)	Spin (45 min)	Kettlebell/TRX (45 min)	Spin (45 min)			
7.15pm				*Yoga	Fit Ball & Core (45 min)		
7.30 PM	Aqua (45 min)	Hyrox Training (60 mins)	Body Pump (45 min)	Aqua (45 min)			
8.30 PM	*Yoga for men	*Yoga		*Yoga			
*= Paid course - Pilates contact Marie – 087 212 1045 - Yoga contact Ashling – 087 959 6482 - Yoga for Men contact Catriona – 087 0750 7947			- Water bottles and sweat towels are mandatory - No entry to class after start time - Classes do not go ahead unless there is a minimum of 3 people booked in 15 minutes prior to start excluding gym education. - All classes must be booked in advance				
TELEPHONE: 046 954 00 20			EMAIL: leisure.reception@thejohnstownestate.co		WEBSITE: www.thejohnstownestate.com		

Fitness Class Descriptions

Spin

“High-energy cardio on two wheels!”

Ride to the beat with powerful climbs, fast sprints, and pumping music. Burn calories, build leg strength, and boost endurance—all at your own pace.

BLT (Bums, Legs & Tums)

“Shape, strengthen, and sculpt your lower body!”

A dynamic class targeting glutes, thighs, and core through resistance, bodyweight, and functional movements. Ideal for toning and building strength where it counts.

Aqua

“Low-impact, high-energy water workout!”

Train in the pool with resistance from the water for a joint-friendly, calorie-burning session. Perfect for all fitness levels, combining cardio, toning, and fun.

Body Pump

“Full-body barbell workout for strength and endurance!”

High-rep, low-weight resistance training designed to tone, sculpt, and improve muscular stamina. Set to motivating music, each track targets a different muscle group.

Bootcamp

“Strength, cardio, grit—one intense session!”

Challenge yourself with a mix of strength drills, explosive cardio, and functional movements. A total-body workout designed to push limits and build results fast.

Gym Circuits

“Fast-paced training that hits every muscle!”

Move through a series of targeted stations to build strength, improve cardio, and boost metabolism. Perfect for a time-efficient, varied workout.

Fit Ball & Core

“Stability, strength, and serious core work!”

Using a stability ball, this class improves balance, tones your midsection, and strengthens supporting muscles. Ideal for better posture, control, and overall strength.

Strength & Tone

“Define muscles, build strength, and move better!”

Focus on resistance training with controlled, purposeful movements. This class shapes lean muscle while improving stability and functional strength.

Gym Education

“Master the gym, one machine at a time!”

A guided session teaching correct form, equipment setup, and safe techniques. Perfect for beginners or anyone looking to refresh their skills and train smarter.

Hyrox

“Functional fitness meets competitive challenge!”

Train like an athlete with this hybrid workout combining running, strength, and endurance-based functional exercises. Perfect for those who love high-intensity training or want to prepare for Hyrox events.