

CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15AM	CARDIO POWER		SPIN	*HYROX*			
8:15AM	GYM EDUCATION			GYM EDUCATION	AQUA		
9:00AM							*HYROX*
9:15AM	STRENGTH & TONE	GYM CIRCUITS	SPIN & ABS	GYM BLT	GYM CIRCUITS		
9:30AM		*PILATES*		*PILATES*			
10:15AM	AQUA		AQUA				
10:30AM		*PILATES*			*YOGA*	OUTDOOR BOOTCAMP	
1:15PM		GYM S&C		CARDIO POWER			
7:00PM	SPIN & STRENGTH	BODY PUMP	BLT	SPIN & ABS	CARDIO POWER		
7:30PM				*YOGA*			
8:00PM	AQUA	GYM EDUCATION	OUTDOOR BOOTCAMP	AQUA			
8:30PM		*YOGA*					

• * = PAID CLASS

• PILATES CONTACT MAIRE - 0872121045

• YOGA CONTACT AISLING - 0879596482

• HYROX CONTACT DANIEL - 0838160984

• YOGA FOR MEN CONTACT CATRIONA - 0877507947

• 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



GYM EDUCATION

A HANDS-ON WALKTHROUGH OF THE GYM FLOOR. LEARN HOW TO SET UP EACH MACHINE CORRECTLY, ADJUST IT TO YOUR BODY, AND UNDERSTAND EXACTLY WHICH MUSCLES IT TARGETS. SIMPLE, PRACTICAL, AND PERFECT FOR ANYONE WHO WANTS TO FEEL CONFIDENT USING EQUIPMENT SAFELY AND EFFECTIVELY.

AQUA

A LOW-IMPACT, FULL-BODY WORKOUT IN THE POOL DESIGNED TO BOOST STRENGTH, MOBILITY, AND CARDIOVASCULAR FITNESS. THE WATER SUPPORTS THE JOINTS WHILE ADDING RESISTANCE, MAKING IT IDEAL FOR ALL AGES AND FITNESS LEVELS.

STRENGTH & TONE

FOCUS ON RESISTANCE TRAINING WITH CONTROLLED, PURPOSEFUL MOVEMENTS. THIS CLASS SHAPES LEAN MUSCLE WHILE IMPROVING STABILITY AND FUNCTIONAL STRENGTH.

BODY PUMP

A HIGH-ENERGY, MUSIC-DRIVEN BARBELL CLASS THAT HITS EVERY MAJOR MUSCLE GROUP. EXPECT HIGH-REP STRENGTH ENDURANCE, CONTROLLED TEMPO WORK, AND A SERIOUS CALORIE BURN. PERFECT FOR ANYONE WANTING TONE, STRENGTH, AND SWEAT IN ONE SESSION.

SPIN

A HIGH-INTENSITY INDOOR CYCLING CLASS THAT BLENDS CLIMBS, SPRINTS, AND ENDURANCE TRACKS. GREAT MUSIC, GREAT ENERGY, AND GUARANTEED LEG BURN. SUITABLE FOR ALL LEVELS — YOU CONTROL YOUR RESISTANCE.

OUTDOOR BOOTCAMP

A HIGH-ENERGY GROUP WORKOUT HELD OUTDOORS THAT COMBINES CARDIO, STRENGTH, AND FUNCTIONAL EXERCISES TO IMPROVE OVERALL FITNESS IN A MOTIVATING TEAM ENVIRONMENT.

CARDIO POWER

A FAST-PACED FITNESS CLASS THAT COMBINES HIGH-INTENSITY CARDIO MOVEMENTS WITH STRENGTH-FOCUSED EXERCISES TO BOOST ENDURANCE, BURN CALORIES, AND BUILD POWER.

BLT (BUMS, LEGS & TUMS)

A FOCUSED LOWER-BODY AND CORE WORKOUT DESIGNED TO SCULPT YOUR LEGS, TONE YOUR GLUTES, AND STRENGTHEN YOUR MIDSECTION. EXPECT CONTROLLED MOVEMENTS, STEADY PACING, AND SIMPLE EQUIPMENT FOR A SOLID, FEEL-GOOD BURN.

GYM CIRCUITS

A FULL-BODY WORKOUT CLASS THAT ROTATES THROUGH TIMED EXERCISE STATIONS TO IMPROVE STRENGTH, FITNESS, AND CARDIOVASCULAR ENDURANCE.

GYM S&C (STRENGTH AND CONDITIONING)

A PERFORMANCE-FOCUSED CLASS DESIGNED TO BUILD MUSCULAR STRENGTH, IMPROVE ENDURANCE, AND ENHANCE OVERALL FITNESS THROUGH STRUCTURED RESISTANCE AND CONDITIONING EXERCISES.

SPIN & STRENGTH 50/50

HALF SPIN, HALF BODYWEIGHT CONDITIONING. THE FIRST HALF OF THE CLASS IS ON THE BIKE FOR CARDIO AND ENDURANCE—THEN OFF THE BIKE FOR STRENGTH CIRCUITS FOCUSED ON THE UPPER BODY AND CORE. A PERFECT FULL-BODY COMBO.

SPIN & ABS

A DYNAMIC WORKOUT COMBINING HIGH-ENERGY INDOOR CYCLING WITH TARGETED CORE EXERCISES TO IMPROVE CARDIOVASCULAR FITNESS AND STRENGTHEN THE ABDOMINAL MUSCLES.