

All classes are FREE of charge with the exception of the Specialist & Swimming classes which are charged per course; ask at reception for more details. All Specialist classes must be booked in advance through club reception.  
 To ensure your place in any of the free classes just phone ahead the day of the class and we will gladly reserve you a spot.

## September - December 2011

Day/Time	Class	Level	Class Colour Code	Instructor
<b>Monday</b>				
7.00am	Kettlebells	All		Patrick
7.45am	Ab Attack	All		Patrick
10.30am	Tone & Sculpt	All		Julie
10.00am	Water Babies	All		Emer
6.00pm	Stability Ball	All		David
7.00pm	Ab Attack	All		David
7.30pm	Rebounding	All		David
<b>Tuesday</b>				
7.00am	Breakfast Club Indoor Cycling	All		David
7.30am	Breakfast Club Indoor Cycling	All		David
10.30am	Pilates	All		Julie
11.00am	Aqua Fit	All		David
4.00pm	Children's Swim Lessons	Beginners		Branislav
4.40pm	Children's Swim Lessons	Improvers		Branislav
5.20pm	Children's Swim Lessons	Advanced		Branislav
6.15pm	X-Fit	All		Branislav
7.00pm	Adult Beginner Swim Lessons	Beginners		Emer
7.00pm	Pilates Level 1	Beginners		Julie
7.30pm	Adult Improver Swim Lessons	Intermediate		Emer
7.45pm	Pilates Level 2	Intermediate		Julie
8.30pm	Indoor Cycling	All		Branislav
9.15pm	Ab Attack	All		Branislav
<b>Wednesday</b>				
10.30am	Tone & Sculpt	All		Leighton
4.00pm	Children's Swim Lessons	Beginners		Greg
4.40pm	Children's Swim Lessons	Improvers		Greg
5.20pm	Children's Swim Lessons	Advanced		Greg
6.00pm	Kettlebells	All		Patrick
7.00pm	Ab Attack	All		Patrick
7.30pm	Zumba	All		Alex
<b>Thursday</b>				
7.00am	Breakfast Club Indoor Cycling	All		David
7.30am	Breakfast Club Indoor Cycling	All		David
11.00am	Aqua Fit Circuit	All		David
4.00pm	Children's Swim Lessons	Beginners		Emer
4.40pm	Children's Swim Lessons	Improvers		Emer
5.20pm	Children's Swim Lessons	Advanced		Emer
6.15pm	Indoor Cycling	All		Patrick
7.00pm	Hatha Yoga	All		Aisling
8.00pm	Kettlebells	All		Patrick
9.00pm	Ab Attack	All		Patrick
<b>Friday</b>				
10.30am	Tone & Sculpt	All		Eginta
11.00am	Hatha Yoga	All		Aisling
1.15pm	X-Fit	All		Patrick
5.00pm	Teen Gym	12-15 years		David
<b>Saturday</b>				
10.00am	Children's Swim Lessons	Beginners		Tony
10.40am	Children's Swim Lessons	Improvers		Tony
11.20am	Children's Swim Lessons	Advanced		Tony
4.00pm	Children's Splash Mania	All		Lifeguard
<b>Sunday</b>				
5.00pm	Children's Splash Mania	All		Lifeguard

### Class Colour Code

Cardio	Cardio & Toning	Core Strength & Stability	Pilates	Yoga	Swimming	Fitness Fun
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## Old Favourites

### Indoor Cycling:

A fun and challenging indoor workout that takes you outside! A workout through a variety of scenarios such as valleys, climbs, sprints and downhill races on your fixed wheel stationary bike. Guaranteed to burn calories and condition your body.

### Breakfast Club Indoor Cycling:

Start your day the right way with this intensive 30min spinning class. This class will wake you up and get your metabolism revved up for the day.

### Pilates:

Promotes deep muscle toning for inch loss and emphasises core strength, stability, flexibility and relaxation. One of the newest and most innovative ways of working out, Pilates has taken the exercise world by storm.

### Tone & Sculpt:

Define and sculpt your body to the shape you want with this combination of aerobic and resistance workout.

### Aqua Fit:

Train without the strain; join David for this tension free / low impact class which is great fun in the pool. Aquafit, as it suggests is exercising in the water. Aquafit is suitable for participants of all ages, sexes, and fitness levels.

### Ab Attack:

This is the class for you! 15 minute class focusing directly on core muscle groups in the mid-trunk area, which will result in better posture and a flatter tummy.

### Hatha Yoga:

What most people refer to as simply "yoga" is actually Hatha Yoga. Hatha Yoga is a system of yoga introduced by Yogi Swatmarama, a yogic sage in the 15th century in India. Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses

### Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The Zumba goal is simple: we want you to want to workout, to love working out. Zumba is an exhilarating calorie-burning, heart-racing, muscle-pumping, body-energising, awe-inspiring movements meant to engage and captivate for life.

### Water Babies:

These sessions are organised by a qualified swimming teacher who leads the class and introduces parents and children to activities that will build water confidence in young children.

### Rebounding:

A Highly Exhilarating and fun way to exercise. Suitable for everyone. Easy on the joints while being highly effective in promoting increased fitness levels and calorie burning.

### Stability Ball:

Bridging the gap between health and fitness, the Stability Ball offers cardio respiratory, muscle strength, muscle endurance, flexibility and balance training for the entire body.

### Children's Splash Mania:

Great entertainment and fun with large floats and our inflatable Jet skis, have fun!

### Swimming Lessons:

All levels and abilities catered for whether you're an adult looking to learn to swim improve your stroke, or you want to book in a child for the kids lessons. Check out our wide variety of swim lessons to choose from

### Kettlebells

The Kettlebell is a canon ball with a handle. The Birth of a kettlebell goes all the way to ancient Greece where Olympians used kettlebells made of stone to sharpen their fitness skills. This class will make you stronger, burn fat, increase conditioning and ramp up your mobility and flexibility. Not a possibility but a certainty.

New for 2011

### Teen Gym:

Teen Gym is specifically designed to introduce young adults to the Health Club environment. Young people aged 12 - 15 years can now participate in activities such as resistance training and cardio activity within specific time periods. During these times an instructor is always available on the floor to assist young people to exercise, with an emphasis on correct technique and sensible and safe practices. The atmosphere is social and based on fun! It's a great way to meet people and have a good time while learning and developing healthy lifestyle patterns for life.

### X-Fit:

X-Fit is an excellent class which will improve mobility, strength and stamina. The training format utilizes a group of exercises that are completed one exercise after another. The exercises within each circuit are separated by brief, timed rest intervals, and each circuit is separated by a longer rest period.

## Studio Etiquette

To ensure the safety and comfort of all our members, please adhere to the following:

- Consult your doctor before participating in any class or activity if you are unsure of the suitability, if you are suffering or recovering from any medical condition.
- Inform the instructor if you are pregnant, recovering from any illness or injury.
- Arrive on time. For safety reasons if the class has already started you will not be allowed to participate.
- Only come to the class if you can participate in all of it, it's unsafe to miss the cooldown.
- Always bring a towel and water bottle with you to classes.
- For hygiene reasons you should use your towel to cover your exercise mat.
- Appropriate attire and footwear MUST be worn at all times.