

CLASS SCHEDULE

Sep 3rd - Dec 21st 2018



DO NOT ENTER THE STUDIO WHILE CLASSES ARE IN PROGRESS

(A) Aerobic Studio (upstairs) | (S) Spin Studio (downstairs) | (P) Family Pool

MONDAY

6.45-7.30	HIIT (A)
10.00-10.45	Aqua fit (P)
10.00-11.00	Spin-n-Tone (S)
11.00-11.45	Gold-n-Tone (A)
4.15-6.30	Swimming Lessons (P)
7.00-7.30	Begin To Spin (S)
7.00-7.45	Zumba Aqua (P)
7.00-8.00	Step-n-Tone (A)
8.00-8.45	Spin (S)
8.00-8.45	Barbell Blast (A)
9.00-9.45	Yogalates (A)
9.00-9.30	Beginners TRX (S)

TUESDAY

6.45-7.30	Spin (S)
10.00-10.45	Aqua Fit (P)
10.00-10.45	TRX (S)
11.00-11.45	Yogalates (A)
4.15-6.30	Swimming Lessons (P)
7.00-7.45	Spin (S)
7.00-7.45	Body Sculpt (A)
8.00-8.45	Aqua Fit (P)
8.00-8.45	Circuit (A)
9.00-9.45	Yogalates (A)

WEDNESDAY

6.45-7.30	HIIT (A)
10.00-10.45	Aqua Fit (P)
10.00-11.00	Spin-n-Blast (S)
11.00-11.45	Gold-n-Tone (A)
4.15-6.30	Swimming Lessons (P)
7.15-8.45	Adult Swimming Lessons (P)
7.00-7.45	Spin (S)
8.00-8.45	TRX (S)
8.00-8.45	Barbell Blast (A)
9.00-9.45	Yogalates (A)

FITNESS ASSESSMENTS available each day
Contact reception to make an appointment

THURSDAY

6.45-7.30	Spin (S)
10.00-10.45	Zumba Aqua (P)
10.00-10.45	Circuit (A)
11.00-11.45	Yogalates (A)
4.15-6.30	Swimming Lessons (P)
7.00-7.45	Aqua Fit (P)
7.00-7.45	Circuit (A)
8.00-8.45	Kettlebells (A)
8.00-8.45	Spin (S)
9.00-9.45	Yogalates (A)

FRIDAY

6.45-7.30	Body Sculpt (A)
10.00-10.45	Aqua Fit (P)
10.00-10.45	Spin (S)
11.00-11.45	Gold-n-Tone (A)
12.15-1.30	Parent-n-tots (P)
5.15-5.45	Spin Express (S)
5.15-6.00	Swimming Lesson (P)
7.00-7.45	TRX (S)

SATURDAY

9.00-9.30	Spin Express (S)
10.00-10.45	Circuit (A)
11.00-11.45	Barbell Blast (A)

SUNDAY

10.00-10.45	Spin (S)
11.00-11.45	Body Sculpt (A)

* Charge Applies - See reception for details

- Subject to numbers: classes require a minimum of 3 (5 for aqua/children's classes).
- **DO NOT ENTER CLASS ONCE IT HAS STARTED.**
- Classes will be limited to 6 per week per member excluding Aqua Fit/Aqua Zumba.
- Management reserve the right to change or cancel classes where necessary.

N.B. Private Swimming Lessons and Personal training available. Contact reception for details.

CLASS DESCRIPTIONS

Aqua Fit

Complete non weight bearing workout in water. Increases fitness, flexibility & muscle tone. Designed for people of all ages, fitness levels and also those with injuries.

Barbell Blast

A mixture of aerobic and toning exercises using barbells to give an all over body workout.

Body Sculpt

Designed to strengthen, tone and sculpt the body.

Circuit

If you can't decide which is the right exercise for you, or you just like the idea of putting a little variety into your workouts, then Circuit Training classes will suit you down to the ground. In simple terms, it's a whole range of different exercise activities, one after the other, all in one fast-paced class.

Gold-n-Tone

Includes light yoga and stretching. LME and weight bearing exercises. Some light aerobics. Designed for over 55's but not restricted.

HIIT

High Intensity Interval Training involving a mix of cardio & resistance exercises to maximise your workout.

Kettlebells

Cardio and strength training in one, using a variety of dynamic and stationary exercises with a kettlebell.

Spin

An intense low impact cardio workout on specialised stationary bikes, helps increase fitness and tone.

Spin-n-Blast

30 minute high intensity cycling followed by a 30 minute barbell workout.

Spin-n-Tone

30 minutes high intensity cycling followed by 30 minutes high intensity resistance training.

Step-n-Tone

A class with it all, an aerobic workout on the step and toning work.

TRX

TRX is an intense & innovative training session using your body weight as resistance. It delivers a fast & effective total body workout with emphasis on the core.

Yogalates

Strength training & flexibility combined using slow controlled core movement and breathing.

Zumba Aqua

It's a safe challenging water based workout that is exhilarating beyond belief. Bringing Zumba party to the pool.

CLASS POLICIES

Please abide by the following class policies. Classes are a group activity and everyone needs to co-operate so all our members can receive an effective, safe and enjoyable work out.

It is recommended that participants consult with their G.P. before commencing an exercise programme.

1. Please do not do your own routine, as this is distracting to your fellow members and your instructor.
2. Be on time, the warm up is important to avoid injury.
3. Do **not** enter the studio while classes are in progress.
4. Classes will be limited to 6 per week per member excluding Aqua Fit/Aqua Zumba.
5. Proper gym shoes must be worn during all classes.
6. A towel must accompany at all times.
7. Please return all equipment to its proper storage area.
8. Classes can be booked 27 hours in advance through our app or through reception.
9. Classes may be subject to changes.
10. **Please refrain from talking during class.**
11. Please check in 5 minutes before class.

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LEISURE

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OPENING HOURS

Monday to Friday
6.30am – 10.00pm
Weekends & Bank Holidays
8.00am – 8.00pm

