

Class Times February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners Spin (8:15)	Spin (8:30)			Spin (8:15)	
	Tai Chi (9:30—11:00)			Aqua Aerobics (9:30)	Circuits (9:00)
AB Class (10:00)	Core Conditioning (11:00)	Pilates (10:30)	Core Conditioning (10:00)	Member Kinesis Group (10:30)	
Member Led Kinesis (10:30)	Strength & Conditioning Circuits (12:00)				
S & C Circuits (11:00)			Strength & Conditioning Circuits (12:00)	Core Conditioning (12:00)	
Pilates (13:30)	Core Yoga (15:00)	Kinesis (16:00)		Strength & Conditioning Circuits (13:00)	
Circuits (17:00)	Aqua Aerobics (18:00)	Zumba (17:15)		Core Yoga (15:00)	
Spin (18:00)		LBT (18:00)	Spin (18:00)		
Fab Abs (19:00)	Yin/Yang Fusion Yoga (19:00)	Stretch (18:45)		Meditation (19:00)	
Instructor Hours:					
8AM—8:30PM	8AM—8PM	8AM—8PM	8AM—8:30PM	8AM—8:30PM	9AM—4:30PM

Main Pool Closed during Aqua Aerobics.

Paid Classes—Booked and Paid for at Reception

Aqua Aerobics (€3): Fun water based aerobics class. Great for people with mobility issues as the water supports the joints, allowing you to get stronger without putting yourself at risk of injury. (45 min) **THE MAIN POOL IS CLOSED DURING THE CLASS TO NON-PARTICIPANTS.**

Pilates (€25): Total core stability workout. Excellent for building core strength. Course €25, Single session €5. Mat Needed. (60 min)

Tai Chi (€5 or €25): Slow meditative exercise for relaxation balance and health. Beginner Tai Chi 1hour, Intermediate 1 1/2 hours.

Zumba: A fitness program that involves cardio and Latin-inspired dance. €2 a session. Limited availability

Free Classes—Booked on MyWellness App

Body Conditioning: A Strength and Conditioning/HIIT session with progressive functional movement patterns for life and optional high/low impact cardiovascular efforts. Finally a highly effective 15 min Core Focus boost, using mat or standing, followed by a gentle stretch. All set to a great soundtrack to keep you motivated. (45 min)

Circuits: Cardio and strength full body work out. Mixed Ability. Easier alternatives. (45 min)

Core Conditioning: A workout dedicated to your abdominal muscles. To not only look great but to support your body day to day with balance, stability and functional strength. Work to your own intensity levels to find those Fab Abs. (60 min)

Strength & Conditioning Circuits: An all body exercise experience. 1 min routines between set rest periods set at your own personal level of intensity. (60 min)

Functional Muscle Release (SMR, Self Myofascial Release) Restores optimal muscle length/tension, and muscle function. Resulting in increased maintainable flexibility without tearing or damaging the muscle fibres. It reduces the risk of injury, improves physical performance and dissipates muscle fatigue and pain. (30 min)

Kinesis Circuits: Full body multi directional resistance work out incorporating the kines wall, for strength, endurance, toning, stability, calorie burning. (45min)

Pranayama: Incorporating a variety of Yoga breathing techniques with a morning meditative practice. When done regularly creating huge benefits - including reduced anxiety, better sleep and increased uptake of oxygen. This practice can be done seated in a chair with other options available. (25 min)

Beginners Spin: Great way to learn spin, or get back on track with a gentle Spin routine. 30 min Spin followed by 5 minutes of stretching. (35 min)

Spin: Cardio-vascular based group cycling experience.

Stretch: Mix of Mobilisation Exercises, Dynamic and Static Stretching, incorporating upper and lower body. (30 min)

Yoga: Posture, core work (bandhas) and spinal alignment are central to our practice as we utilise many ancient beneficial breathing techniques to help maintain and often increase mobility, flexibility, strength, stability, awareness and safety whilst moving through and holding various Yoga asanas (poses) with plenty of options to choose from in each asana. A meditative element, adding to an overall sense of deep relaxation; this is a whole mind/body/spirit (holistic) practice with benefits for everyone. Suitable for beginners as well as more advanced practitioners. (60 min)

If you have a pre-existing condition or injury it is always recommended that you speak to your doctor before starting a new class.

Classes are only available for members.