

THE HEALTH  
**CLUB**

AT THE KINGSLEY

# WEEKLY CLASS SCHEDULE

*Commencing from Monday March 2nd*

## Total Body Tone

A variety of leg and upper body toning using weights, plyobox, Medicine Balls and your own body weight. This class provides benefits to your heart, improves your balance, strengthens your bones, and helps you lose and maintain a healthy weight, all while making you look and feel better.

## Flexi HIIT

Flexi HIIT is a full body workout. The additional use of a limited number of Speedflex Machine Exercises to enhance your workout & Class experience. It builds cardiovascular fitness while improving muscular strength and endurance.

## HIIT

HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

## Learn to Lift

Beginner Friendly Introduction to the gym, designed for people who want to start lifting weights but aren't sure where to begin. The class focuses on learning proper technique so exercises are safe and controlled.

## Stretch & Flex

This class is based on the principles of Pilates i.e., muscles that are tight are lengthened and muscles that are weak are strengthened. Many of the simple but effective exercises in Pilate's style classes are used but the movements.

MONDAY	
TIME	CLASS
9:45AM	Aqua Fitness
11:00AM	Aqua Fitness
12:45PM	Lunchtime Spin
6:15PM	Total Body Tone
6:45PM	Evening Spin

TUESDAY	
TIME	CLASS
6:15AM	Morning Spin
10:15AM	Stretch & Flex
11:00AM	Stretch & Flex
12:45PM	Lunchtime Spin
6:15PM	Stretch & Flex

WEDNESDAY	
TIME	CLASS
6:30AM	H.I.I.T
7:15AM	Morning Spin
6:15PM	H.I.I.T
6:45PM	Evening Spin

THURSDAY	
TIME	CLASS
7:15AM	Morning Spin
11:00AM	Stretch & Flex
12:45PM	Lunchtime Spin
6:15PM	Stretch 30
7:00PM	Flexi HIIT

FRIDAY	
TIME	CLASS
11:00AM	Learn To Lift
12:45PM	Lunchtime Spin
7:00PM	Total Body Tone

SATURDAY	
TIME	CLASS
10.00AM	Morning Spin
11.00AM	Stretch 30

All fitness levels welcome. All classes for members only.

Bookings can be made online via the website by logging in with your email address to link with your membership.

Bookings can be made up to 72 hours in advance.

Please call the Health Club on 021 480 0523 or email [thehealthclub@thekingsley.ie](mailto:thehealthclub@thekingsley.ie) for more information