

## The KINGSLEY WEEKLY SCHEDULE

MONDAY	
TIME	CLASS
7.15AM	Morning Spin
11.00AM	Aqua Fitness
12.45PM	Lunchtime Spin
6.00PM	Total Body Tone
6.45PM	Evening Spin

TUESDAY	
TIME	CLASS
7.15AM	Morning Spin
11:00AM	Stretch & Flex
12:45PM	Lunchtime Spin
6.00PM	Stretch & Flex

### 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.

### Aqua

Water aerobics is the performance of aerobic exercise in waist deep or deeper water. Aqua Aerobics is not only a type of resistance training, but also a form of aerobic exercise that is high intensity, low impact and suitable for all levels of fitness.

WEDNESDAY	
TIME	CLASS
7.15AM	Morning Spin
6.00PM	HIIT
6.45PM	Evening Spin

THURSDAY	
TIME	CLASS
6:15AM	Morning Spin
11:00AM	Stretch & Flex
12:45PM	Lunchtime Spin
6.00PM	Stretch 30

### 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.

### Spin

Our indoor group cycling classes range from 30 to 45 minutes. Whether you want to lose weight, improve your muscular endurance or increase your aerobic capacity this is the class for you. All fitness levels welcome.

FRIDAY	
TIME	CLASS
12.45PM	Lunchtime Spin
19.00PM	Stretch 30

SATURDAY	
TIME	CLASS
10.00AM	Morning Spin
11.00AM	Stretch 30

### 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.

All classes for members only. Bookings can be only made over the phone 3 days in advance of a class.

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