

## MONDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
7.15am	Spin	30 minutes	All	Free
11.00am	Aqua	30 minutes	All	Free
12.45pm	Spin	30 minutes	All	Free
6.00pm	HIIT	30 minutes	All	Free
6.30pm	Spin	30 minutes	All	Free

## TUESDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
7.15am	Spin	30 minutes	All	Free
11:00am	Stretch & Flex	30 minutes	All	Free
12:45pm	Spin	30 minutes	All	Free
6.00pm	Stretch & Flex	30 minutes	All	Free
6.30pm	Total Body Tone	30 minutes	All	Free

## WEDNESDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
7.15am	Spin	30 minutes	All	Free
6.30pm	Total Body Tone	30 minutes	All	Free

## THURSDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
6:30am	Spin	30 minutes	All	Free
11:00am	Stretch & Flex	30 minutes	All	Free
12:30pm	HIIT	30 minutes	All	Free
6.00pm	HIIT	30 minutes	All	Free
6.30pm	Spin	30 minutes	All	Free

## FRIDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
12.45pm	Spin	30 minutes	All	Free
6.30pm	Spin	30 minutes	All	Free

## SATURDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
10.00am	Spin	30 minutes	All	Free

- New Timetable commencing from 06/06/2022.
- All classes for members only.
- Bookings can be only made over the phone 3 days in advance of a class
- For more information please call 021-480 0523 or email [thehealthclub@thekingsley.ie](mailto:thehealthclub@thekingsley.ie)

# Class descriptions

## 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.

## 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 45minutes. 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.

## 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 are also blended with some basic release work and strength movements.

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