

Classes explained

Indoor cycle: Choose your level and then join in the fun great music, cool movements and fantastic feeling when you finish. Give it a go you might just love it. B =Beginner, I =Intermediate, A =Advanced.

Aqua aerobics: Get more out of the pool than just a quick dip, you will love this fun fitness class that uses the resistance of the water to give you a great workout and there is no swimming involved.

Belly dance: learn how to shimmy your way to fitness with the mystic art of belly dance and the fun continues when you practice your moves at home. €45 for 6 weeks.

Old School Aerobics: The old favourite is great to get you motivated, fun dance moves and a great cardio workout simple as that.

Body conditioning :This class is for the people who want to focus on toning, using body resistance exercises you can sculpt your body and learn new techniques to keep it toned.

Fitness Pilates : Fitness Pilates is a modern, research based group fitness class created for the apparently healthy adult. It is neither remedial, clinical nor is it designed for rehabilitation. Fitness Pilates utilises all of the original principals and includes many of the 34 mat work exercises but offers new pathways, formats, class ideas and developments to further this amazing technique.

Boxercise: combines boxing and exercise in a fun, stress busting way to suit all fitness levels.

Step&Tone : A class of two halves. The first half follows a simple step routine aimed to get the heart pumping while toning the legs and bum. The second half focuses on toning, sculpting and stretching the whole body.

Ab Attack; 30 min of tummy toning exercises.

Kidz class, Enjoy an hour to your self while the kids enjoy fun fitness activities. Check at reception to see location of class.

Little Nippers: a club for 8 to 16 yrs featuring lifesaving skills supported by water safety education. Mid Term 10 day camp €135. Sat morn €9 per class.

Swimming Lessons: Group classes for both children and adults. 8 week blocks €70.

Swim Clinic: is a workshop aimed at helping those who can swim but need to 'tweek' their techniques.

Class rules

Please sign in before entering the studio

Please inform instructor of any ill health or injury before taking part in classes

Please carry a sweat towel in studio

Late entrance to classes is a hazard to you and others and will not be allowed.

Inform your instructor if you feel unwell during any class.

Please bring a bottle of water into studio to rehydrate yourself.

Winter Class Timetable



Melt those pounds this
Winter ...

inspirit
health and leisure club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am - 8am	Indoor Cycle (I)	Ab Attack	Indoor Cycle (I)	Ab Attack			
10am - 10:45am		Belly Dance Course €	Fitness Pilates		Aqua Aerobics	Little Nippers €	
11am -12pm	11am—12noon Pool Group Session (private)	11am—12noon Pool Group Session (private)	11am—12noon Pool Group Session (private)	11am—12noon Pool Group Session (private)		11am—12noon Kidz class	11am—12noon Kidz class
6:15pm - 7:00pm	Old School Aerobics	Indoor Cycle	Body Conditioning	Aqua Aerobics	Boot Camp		12, 1 & 2pm Children's Swimming Lessons €
7:00pm-8:00pm	Indoor Cycle	Fitness Pilates	Step and Tone	Indoor Cycle	Adult Swimming Lessons €		
8:00pm-8:45pm	Body Conditioning	Boxercise	Indoor cycle (A)				