

Autumn Class timetable 2019

Starts Monday 9th September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30	Spin & Tone	Weights Circuit	Step/Aerobics	Kick & Core	Bar & Bell	
10.15	Yogalates 10.30am	FIT H.I.I.T 30 mins	Core	Stretch	Golden Zone	Boot cam p* 10 AM
11.00		Aqua		Aqua		Aqua
3.15			Children Lessons			
4.00			Children Lessons			
4.45			Children Lessons			
6.30	BodyTone*	Spin	Workout Plus*	Bar & Bell	Spin & Tone*	
7.30	Cardio H.I.I.T	BLT 7.15pm	Golden Zone	Stretch		
8.15	Aqua	Yogalates 8pm	Aqua			

Min of 3 people per gym class and 5 per pool classes

Enquire @ Reception for swim lessons

www.facebook.com/mullingarparkhotel

Class Descriptions Autumn 2019

Body Tone

For a leaner stronger you! This class is designed with complete body toning in mind. This class is packed with new and old exercises to help keep you truly motivated.

Weights Circuit

This class is focused on full body toning using a circuit style class. This is ideal for all levels of fitness.

Kick N Core

With a combination of boxing and martial arts movements, this intense total body workout is quick and sure to make you sweat, along with some toning core based exercises.

Cardio/FIT H.I.I.T

High Intensity Interval Training: Using bodyweight exercises to time with minimum break time. Great way to get fit & strong quick in 30mins.

Yogalates

This class brings the mind and body together with a combination of yoga and Pilates based moves. It is an ideal class to help you unwind & increase flexibility. Not suitable for pregnant ladies.

Bar N Bell

This involves a combination of exercises with Barbell and Kettlebells, this class is great for toning, strengthening and building muscular endurance.

B.L.T

This is a Bum Leg and Tums Workout based class, Using many different aerobic moves to tone, strengthen and even build your fitness levels

Core

This class really targets the core region, using a variety of moves including floor based exercises. This is a quick 30 Minute class.

Stretch

Stretch is designed to prevent soreness after exercising and a great way to reduce the risk of injury and gain some flexibility.

Step/Aerobics

A great workout to increase your aerobic capacity and thus increasing your overall level of fitness.

Bootcamp

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body.

Spin

Spin is a form of high-intensity exercise that involves using an exercise bike. This class is great for those that want to tune up their fitness levels

Workout Plus

When high intensity cardiovascular exercises are thrown in with an anaerobic mix using some strength and conditioning equipment and movements, which takes you exercise plan to the next level, **This is Workout Plus!**