
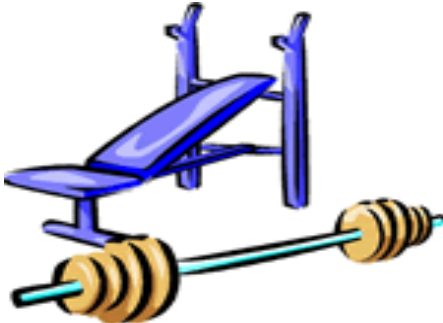




# PORTMARNOCK SPORTS & LEISURE CLUB FITNESS CLASS TIMETABLE

Autumn/Winter 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GYM OPENING HOURS																				
6.30am 45 mins Spin & Abs (GYM)	6.30am 45 mins Strength Power Circuit (SPORTSHALL)	6.30am 45 mins Spin & Abs (GYM)	6.30am 45 mins Bike & Body Conditioning (GYM)	6.30am 45 mins Spin & Kettlebells Mix (GYM)	9.15am 45 mins Extreme Hardcore (GYM)	10.00am 60 mins Masterclass (GYM)	Monday – Friday 6am – 10pm  Saturday & Sunday 9am – 6pm																				
10.00am 45 mins Spin & Abs (GYM)		9.30am 45 mins Pilates (STUDIO 1)	9.30am 30 mins Dumbbell/Ab Mix			11.30 am 60 mins Spin & Circuit (GYM)	<b>WORKOUT PRICES</b>																				
9.45 am 45 mins Fitness Pilates (STUDIO 1)	10.00 am 30 mins Spin (GYM)	10.30am 30mins Strength & Tone (STUDIO 1)	10.00am 30 mins Spin (GYM)	10.30am 60 mins Total Weights Workout (GYM)	11.30 am 60 mins Spin & Circuit (GYM)		<table border="0"> <tr> <td></td> <td>PSLC</td> <td>Member</td> <td>Visitor</td> </tr> <tr> <td>ADULT</td> <td>€5.90</td> <td></td> <td>€11.50</td> </tr> <tr> <td>OAP</td> <td>€4.60</td> <td></td> <td>€7.50</td> </tr> <tr> <td>STUDENT</td> <td>€4.60</td> <td></td> <td>€7.50</td> </tr> <tr> <td>CHILD</td> <td>€3.40</td> <td></td> <td>€5.90</td> </tr> </table>		PSLC	Member	Visitor	ADULT	€5.90		€11.50	OAP	€4.60		€7.50	STUDENT	€4.60		€7.50	CHILD	€3.40		€5.90
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10.45 am 45 mins Fitness Pilates (STUDIO 1)	10.30am 30 mins Kettlebells (STUDIO 1)	11.00am 30 mins Kettlebells (STUDIO 1)	10.30am 40 mins Fitness Pilates (STUDIO 1)	6.30pm 40 mins Spin Class (Intermediate) (GYM)																							
6.30pm 30 mins Total TRX (STUDIO 1)	11.00am 30 mins Funk N-Step (STUDIO 1)	6.00pm 45 mins Teen Gym Mix (GYM)			2:00pm 60mins Teen Gym Mix (GYM)		<b>CLASS PRICES</b>																				
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7.00pm 45mins Ultimate Spin (Advanced) (GYM)	7.00pm 30 mins Teenage Gym Mix Class (GYM)	7.00pm 30 mins Spin (Mixed Levels) (GYM)	7.30pm 40 mins Spin Advanced (GYM)					Teen Spin & Gym Mix Visitor €5.90 PSLC Member €3.40																			
8.00pm 30 mins Complete Core Fit Ball Abs Blast (STUDIO 1)	7.30pm 30 mins Spin Strictly Adults Only (GYM)	7.30pm 30 mins Core Fitball (STUDIO 1)																									
8.30pm 40 mins Fitness Pilates (STUDIO 1)	8.00pm 45 mins Pump n Tone (STUDIO 1)	8.00pm 45 mins TRX/Kettlebell Mix (STUDIO 1)																									

**IMPORTANT**  
New/First time class members, please arrive 15 minutes prior to class and make yourself known to your Instructor. All class members must have proper attire and have water bottle and towel.

# PORTMARNOCK SPORTS & LEISURE CLUB FITNESS CLASS TIMETABLE    AUTUMN/WINTER 2018

<p><b><u>SPIN &amp; ABS CLASS</u></b> High intensity cardiovascular workout - suitable for all levels on the best Keiser Spin Bikes. With it's fantastic console RPM, WATTS, Kcals &amp; Gear Range 1-24 to monitor your progress. This class is finished off with a complete core toning session.  Please note the class is restricted to a limited amount of participants; please arrive early with water &amp; towel.</p>	<p><b><u>BIKE &amp; BODY CONDITIONING</u></b> Mix of Spin &amp; High Intensity Intervals, Resistance Training using a mix of weights.</p>	<p><b><u>TOTAL BODY TRX</u></b> TRX suspension training is the original workout system that leverages gravity and your body- weight to perform hundreds of exercises. Using your body resistance you are in control of how much you want to challenge yourself by simply adjusting your body.</p>	<p><b><u>STEP 'N' KETTLEBELL MIX</u></b> Step is a fun cardiovascular workout, a bit of fun and a dance lesson too! No previous dance or step required.  Fused with Kettle bells to work on strength, toning and core work-out.</p>	<p><b><u>EXTREME HARDCORE</u></b> This is a high intensity class with elements of boot camp drills; using battle-ropes, kettle-bells, dumbbells, TRX, power-racks and body resistance work. Working on power endurance, core and cardiovascular fitness. Including abs and stretching.</p>
<p><b><u>SPIN &amp; KETTLEBELLS</u></b> Moderate-high intensity cardiovascular work-out on the best Keiser spin bikes, mixed with kettle bell exercises. The kettle-bell is a hand weight training tool developing strength, power, endurance and cardio fitness.</p>	<p><b><u>TOTAL WEIGHTS WORKOUT</u></b> Complete top-to-toe weight workout combining tummies using machine and free weights plus kettles bells. Extra strength to improve flexibility at the end of class.</p>	<p><b><u>FUNK N' STEP</u></b> Step aerobics fun workout using a portable step. You will do choreographed exercise routines. It's great for cardio fitness. Your co-ordination will be tested in a fun manner. If you want strong legs, &amp; lifted toned butt step this way.</p>	<p><b><u>BOXERCISE</u></b> This is a Cardiovascular Workout. It includes Cardio Exercise, skipping, boxing, Drills including footwork And abdominal workouts with pyramid sets</p>	<p><b><u>MASTERCLASS</u></b> This is a popular interval class that mixes the variety of classes available in the gym using body weight exercises with cardio and strength training. Be prepared for some high intensity training with tons of fun working to the max.</p>
<p><b><u>FITNESS PILATES</u></b> Shaping core strength. Improved ability, breathing, posture, stamina and power.</p>	<p><b><u>PUMP N' TONE</u></b> Body tone class using dumb bells, kettle-bells, body-resistance and TRX to increase overall muscle and body strength with an excellent tone effect.</p>	<p><b><u>TEEN GYM WORKOUT MIX</u></b> Gym workout using bike, treadmills, rowers, cross trainer to increase fitness levels and toning ab attack exercises.</p>	<p><b><u>TOTAL BODY CONDITIONING TONE CLASS</u></b> Energetic workout including cardio, strength and core. Using dumb bells to target all muscle groups.</p>	<p><b><u>Mobility &amp; Move</u></b> A mixture of Mobility Movements and stretches To improve flexibility</p>
<p><b><u>CORE FITBALL</u></b> Is a fun and effective workout using fit balls for core, abs, and balance, lengthening and toning the whole body. Suitable for all fitness levels.</p>	<p><b><u>TRX/KETTLEBELL MIX</u></b> TRX suspension training is hard-core workout system that leverages gravity and your own bodyweight to preform exercises. This class is fused with kettle bells -a fantastic mix for developing strength, power, endurance.</p>	<p><b><u>KETTLEBELL &amp; ABS MIX</u></b> Is an effective hand weight training tool for developing, strength, power, endurance and increase fitness level mixed in with fun toning ab attack workout.</p>	<p><b><u>STRENGTH POWER CIRCUITS</u></b> Full body station workout using body resistance, cardio, dumb bells and kettle bells.</p>	<p><b><u>TEEN SPIN CLASS</u></b> High intensity cardiovascular bike workout for all teenagers from 13 years upwards. Water bottle &amp; towel essential for this class.</p>

Fm9.23.2fitness class t last updated:  
  
6-Dec-18

**PLEASE NOTE**

ALL CLASSES ARE ON A FIRST COME FIRST SERVED BASIS.

PLEASE ARRIVE ON TIME FOR CLASSES TO AVOID DISAPPOINTMENT.

WATER & TOWEL ARE NECESSARY FOR EACH CLASS!!!!

**Minimum age for Weights Room is 16. ID will be required.  
Minimum age for all classes is 15. Teen Classes being the exception, where the minimum age is 13.**

