

Gym Classes – December 5th – 11th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|--------------------------------|---|-------------------------|------------------------------|-------------------------|-------------------------|
| 6:00am | | Spin (40 mins) | Cardio KettleBells (40 mins) | Bootcamp (40 mins) | Friday Finisher (45 mins) | | |
| 9:30am | Exercise to Retro Music (30 Mins) | Upper Body & Core (30 mins) | Exercise to Retro Music (30 Mins) | Spin (30 mins) | Circuits (50 mins) | | |
| 10:00am | Spin (30 mins) | Spin (30 mins) | Spin and KettleBell Mix (45 Mins) | Body Blast (40 mins) | | Spin (30 mins) | Spin (30 mins) |
| 10:30am | Fitness Pilates (30 mins) | | | | Spin (30 mins) | Body Blast (30 mins) | Body Blast (30 mins) |
| 11:00am | | OMR (30 mins) | Pilates & Core (40 mins) | | | | |
| 6:30pm | HIIT (30 mins) | Spin (30 mins) | Spin (30 mins) | HIIT (30 mins) | | | |
| 7:00pm | Spin (30 mins) | TRX (30 Mins) | Elite Fit (45 mins) | Spin (30 mins) | | | |

Class Guide

| | |
|--------------------|---|
| Spin | High intensity cycling cardio workout for all levels |
| Pilates | A variety of movement concentrating on core and back |
| HIIT | High Intensity Interval Training |
| OMR | One More Rep! Tough HIIT class, not for the faint hearted |
| Elite Fit | Advanced total body functional high intensity training |
| Body Blast | Full body high intensity workout |
| TRX | Suspension training using body weight exercises to develop strength, balance, flexibility and core stability simultaneously |
| Cardio Kettlebells | A mix of high intensity exercises using kettlebells |
| Circuits | Rotation of resistance training exercises |
| Bootcamp | Full body workout using barbells, kettle bells, dumbbells and body weight |

Gym opening times

| | |
|-----------|------------|
| Monday | 7am – 10pm |
| Tuesday | 7am – 10pm |
| Wednesday | 7am – 10pm |
| Thursday | 7am – 10pm |
| Friday | 7am – 9pm |
| Saturday | 9am – 6pm |
| Sunday | 9am – 5pm |

Gym Guidelines

Gym Workouts

- The gym is open to everyone aged 15+ - parental consent for 15 year olds mandatory & photo ID required.
- Weight machines are only allowed for aged 16, photo ID required
- Club Members can book by emailing reception@pslc.ie.
- Gym/Pool members can book via Club Manager 365
- Non-members can only book on the day in person at reception, first come first served
- All gym users must present a ticket before starting workout – available from reception

Gym Classes

- Classes are for aged 16 years and over
- Prebooking for classes is advised
- Club Members can book by emailing reception@pslc.ie.
- Gym/Pool members can book via Club Manager 365
- Non-members can only book on the day in person at reception, first come first served
- All gym users must present a ticket before starting class – available from reception

NB PSLC will not be responsible for any articles lost, damaged or stolen on premises.

Deposit lockers are available in the main changing rooms - €1.
Cubicles are available in the gym.

Health and Safety

- In the interest of your health and safety, the gym is regularly cleaned and disinfected, to help with this we ask that you wipe down equipment after use spray and paper towel provided
- You must provide your own towel and mat.
- Water fountains are available, we encourage you to bring your own bottle
- Please use hand sanitising stations

Gym Etiquette

- Be aware of your own capability, if you feel unwell or unsafe stop exercise immediately and look for help
- Allow a reasonable and safe distance between fellow gym users and yourself
- Respect others personal space.
- Avoid talking or loitering around machines
- Follow gym instructors' directions and guidance
- Above all use common sense and courtesy
- Abuse of any of these guidelines may result in exclusion from the gym

Clubs using PSLC

PSLC gym may be available for private hire for clubs/schools.
Enquiries to gym@pslc.ie.

Personal Training

Our gym instructors offer personal training. Please speak to our gym instructor on duty for more information.

P.S.L.C. Membership

It couldn't be easier to join P.S.L.C. Membership categories include:

- Annual Individual
- Annual Family
- 10 year membership

Full details available at Reception.

PAYG Price List

| | Prive Level | Member | Visitor |
|---------|-------------|--------|---------|
| Workout | Adult | €6 | €11.50 |
| | Student/OAP | €4.50 | €7.50 |
| | Junior | €3.50 | €6.00 |
| Class | Adult | €5.00 | €8.50 |
| | Student/OAP | €3.50 | €6.00 |