

Gym Classes – January 9th – February 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Spin (40 mins)	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)		Circuits (50 mins)	Spin (30 mins)	Spin (30 mins)
10.00am	Spin (30 mins)	Spin (30 mins)	Spin and KettleBell Mix (45 Mins)	Spin (30 mins)		Spin (30 mins)	Spin (30 mins)
10:30am	Fitness Pilates (30 mins)			Body Blast (40 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