

Glenview Leisure Club - Fitness Class Timetable

Tuesday 26th October to Thursday 30th December

Day	Time	Class	Instructor	Duration	Area
Monday	6.30am – 7.15am	Sunrise Spin	Eanna	45 mins	Studio
	9.15am - 10.00am	A.M.R.A.P	Eanna	45 mins	Studio
	10.15am – 11.00am	Pilates (€)	Eanna	45 mins	Studio
	11.15am – 12.00pm	Super Seniors	Shauna	45 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	Noel	30 mins	Studio
	7.15pm – 7.45pm	Tabata	Noel	30 mins	Studio
	8.00pm – 8.45pm	Yoga (€)	Sandra	45 mins	Studio
Tuesday	6.30am – 7.00am	Kettlebells	Shauna	30 mins	Studio
	9.30am – 10.00am	HIIT Spin	Shauna	30 mins	Studio
	10.15 – 10.45am	HIIT Cardio	Noel	30 mins	Studio
	11am – 11.40am	Aqua Aerobics	Noel	40 mins	Swimming Pool
	6.30pm – 7.00pm	HIIT Spin	Eanna	30 mins	Studio
	7.15pm – 8.00pm	Total Body Conditioning	Eanna	45 mins	Studio
Wednesday	6.30am – 7.10am	Total Body Conditioning	Noel/Jason	40 mins	Studio
	9.15am – 10.00am	Push and Lift	Noel/Jason	45 mins	Studio
	10.15am – 11.00am	Super Seniors	Catriona	45 mins	Studio
	11.15am – 12.00pm	Super Seniors	Catriona	45 mins	Studio
	6.30pm – 7.00pm	Speedy Spin	Mantas	30 mins	Studio
	7.15pm – 7.45pm	Total Body Conditioning	Mantas	30 mins	Studio
	8.00pm – 8.45pm	Pilates (€)	Eanna	45 mins	Studio
Thursday	6.30am – 7.00am	A.M.R.A.P	Shauna	30 mins	Studio
	9.15am – 9.45am	Kettlebells	Eanna	30 mins	Studio
	10.00am – 10.45am	Spin and Pump	Eanna	45 mins	Studio
	11am – 11.40am	Aqua Aerobics	Shauna	40 mins	Swimming Pool
	6.30pm – 7.00pm	Kettlebells & Core	Mantas	30 mins	Studio
	7.10pm – 7.40pm	Boxercise	Mantas	30 mins	Studio
	8.00pm – 8.45pm	Yoga (€)	Sandra	45 mins	Studio
Friday	6.30am – 7.15am	Sunrise Spin	Bobby	45 mins	Studio
	9.15am – 10.00am	Total Body Conditioning	Eanna	45 mins	Studio
	10.15am – 11.00am	Super Seniors	Eanna	45 mins	Studio
	11.15am – 12.00pm	Super Seniors	Eanna	45 mins	Studio
Saturday	9.00am – 9.30am	HIIT Spin	Conor	30 mins	Studio
	9.40am – 10.20am	Total Body Conditioning	Conor	40 mins	Studio

Classes must be pre booked. You can book classes by using the FitSense App (ask a member of the leisure club staff about the app) or by calling 012740078 to book your place.

Class Description

- **Sunrise Spin**

Sunrise Spin is a great way to start the day. A steady Spin Class with plenty of climbs and a few sprints thrown in for good measure...

- **A.M.R.A.P**

AMRAP stands for as many rounds as possible or as many reps as possible, depending on what exercises the instructor has chosen in the workout.

- **HIIT Spin**

HIIT Spin is shorter than a regular spin class but higher in intensity. This type of training is very intense but HIIT (High Intensity Interval Training) is brilliant for reducing work out time while increasing fat burn. Studies show that your metabolism is raised for 12-48 hours after a HIIT session.

- **Kettlebells**

From strengthening the key muscle groups including the legs, core and upper body our kettlebells class is a super effective way of improving total-body strength.

- **Super Seniors**

This class is aimed at the over 60's and has been specially designed to combined gentle cardio exercises with strength and conditioning movements for a full body workout.

- **HIIT Cardio**

HIIT workouts generally combine short bursts of intense exercise with periods of rest or lower-intensity exercise. At fitness studios and online, these workouts often mix aerobic and resistance training.

- **Tabata**

Tabata is a **high-intensity interval training** that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

- **Kettlebells and Core**

From strengthening the key muscle groups including the legs, core and upper body our kettlebells class is a super effective way of improving total-body strength. This class also adds an extra dimension with a short section of the class dedicated to working those important core muscles targeting the Abs and Lower Back.

- **Push and Lift**

Super Pump improves muscular strength and endurance using our small barbell sets with low weights and high number of repetitions. This class will target the major muscle groups in the arms, legs and core.

- **TBC – Total Body Conditioning**

Body conditioning classes are a great way to achieve all-round fitness so you can see results and look and feel healthier. TBC combines a range of bodyweight and conditioning exercises to increase all round fitness and strength.

- **Boxercise**

Box Fit is a high intensity cardiovascular type class using boxing inspired moves and boxing training techniques to burn fat and tone up.

- **Spin and Pump**

Spin and Pump combines the Cardio benefits of a short spin class combined with a series of strength based exercises where you will use light weights and do high repetitions. Targeting all major muscle groups in the arms, legs and core.

"The hardest part of getting fit is getting started."

The Glenview Health and Leisure Club, Glen of the Down's, Delgany, Co Wicklow.

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