



GLENVIEW HOTEL
& LEISURE CLUB

Glenview Leisure Club - Fitness Class Timetable

September to December 2022

Day	Time	Class	Instructor	Duration	Area
Monday	6.30am – 7.15am	Sunrise Spin	Eanna	45 mins	Studio
	9.15am - 10.00am	Total Body Conditioning	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	A.M.R.A.P	Noel	30 mins	Studio
	8.00pm – 8.30pm	Aqua Aerobics	Noel	30 mins	Swimming Pool
	8.00pm – 8.45pm	Yoga (€)	Sandra	45 mins	Studio
Tuesday	6.30am – 7.00am	Tabata	Shauna	30 mins	Studio
	7.10am – 7.40am	Total Body Conditioning	Shauna	30 mins	Studio
	9.15am – 09.45am	HIIT Spin	Shauna	30 mins	Studio
	10.00 – 10.45am	Super Circuits	Noel	45 mins	Studio
	11.00am – 11.40am	Aqua Aerobics	Noel/Shauana	40 mins	Swimming Pool
	6.30pm – 7.00pm	HIIT Spin	Eanna	30 mins	Studio
	7.15pm – 8.00pm	Total Body Strength	Eanna	45 mins	Studio
Wednesday	6.30am – 7.10am	Total Body Conditioning	Noel/Sven	40 mins	Studio
	9.15am – 10.00am	Tabata	Noel/Sven	45 mins	Studio
	10.15am – 11.00am	Super Seniors	Noel/Sven	45 mins	Studio
	11.00am – 11.45am	Super Seniors	Noel/Sven	45 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	Mantas	30 mins	Studio
	7.15pm – 7.45pm	Tabata	Mantas	30 mins	Studio
	8.00pm – 8.30pm	Aqua Aerobics	Mantas	30 mins	Swimming Pool
	8.00pm – 9.00pm	Zumba (€)	Siobhan	60 minutes	Studio
Thursday	6.30am – 7.00am	Kettlebells	Shauna	30 mins	Studio
	9.15am – 10.00am	Spin and Core	Eanna	45 mins	Studio
	10.15am – 10.45am	A.M.R.A.P	Eanna	30 mins	Studio
	11.00am – 11.40am	Aqua Aerobics	Shauna	40 mins	Swimming Pool
	6.30pm – 7.00pm	Super Circuits	Mantas	30 mins	Studio
	7.15pm – 7.45pm	Box Fit	Mantas	30 mins	Studio
	8.00pm – 8.45pm	Yoga (€)	Sven	45 mins	Studio
	Friday	6.30am – 7.15am	Sunrise Spin	Bobby	45 mins
9.15am – 10.00am		Ass and Abs	Eanna	45 mins	Studio
10.15am – 11.00am		Super Seniors	Eanna	45 mins	Studio
11.00am – 11.45am		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

Book your space by using the Fit Sense 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 is brilliant for reducing work out time while increasing fat burn.

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.

- **Cardio Pump**

This class combines some of the moves from our Push and Lift Class as well as short bursts of intense exercise with periods of rest or lower-intensity exercise.

- **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.

- **TBC – Total Body Strength**

Total Body Strength combines medium and heavy weights that are used through a series of upper and body exercises to develop strength and improve definition.

- **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 muscular endurance. TBC combines a range of barbell, dumbbell and kettlebell 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 reps. Targeting all major muscle groups.

- **Zumba (€ pay per class)**

Join the latin inspired, easy to follow calorie burning dance class. Feel the music and let loose.

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

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