Fitness Class Timetable

July - August 2026

Day	Time	Class	Duration	Area
Monday	6:15am – 7:00am	Sunrise Spin	45 mins	Spin Studio
	9:00am – 9:45am	Bootcamp Challenge	45 mins	Studio
	10:00am – 10:30am	HIIT Spin	30 mins	Spin Studio
	10:00am – 10:45am	*Pilates €	45min	Studio
	11:00am – 11:45am	Super Seniors	45 mins	Studio
	6:30pm – 7:00pm	HIIT Spin	30 min	Spin Studio
	6:20pm – 7:00pm	Step ‘n Sweat	40 mins	Studio
	7:10pm – 7:50pm	Bootcamp Challenge	40 mins	Studio/Astro
	8:00pm – 8:40pm	Aqua Aerobics	40 mins	Swimming Pool
Tuesday	6:15am – 7:00am	Cross Training	45 mins	Studio
	9:15am – 9:45am	Ass & Abs	30 mins	Studio
	10:00am-10:30am	HIIT Spin	30 mins	Spin Studio
	11:00am – 11:40am	Aqua Aerobics	40 mins	Swimming Pool
	11:00am – 11:45am	Super Seniors	45 mins	Studio
	6:30pm – 7:10pm	Power Circuit	40 mins	Studio
	6:30pm – 7:15pm	HIIT Spin	45 mins	Spin Studio
	7:20pm – 8:00pm	Bootcamp Challenge	40 mins	Studio
Wednesday	6:15am – 7:00am	Total Body Conditioning	45 mins	Studio
	8:15am – 09:00am	Power Circuits	45 mins	Studio
	9:15am – 10:00am	Power Circuits	45 mins	Studio
	10:15am – 11:00am	Super Seniors	45 mins	Studio
	11:00am – 11:45am	Super Seniors	45 mins	Studio
	6:30pm – 7:10pm	Bootcamp Challenge	40 mins	Studio
	7:15pm – 8:00pm	Bike & Build	45 mins	Studio
	8:00pm – 8:40pm	Aqua Aerobics	40 mins	Swimming Pool
Thursday	6:15am – 7:00am	Bootcamp Challenge	45 mins	Studio
	9:00am – 9:45am	Bike & Build	45 mins	Spin Studio
	10:00am – 10:45am	Chair Fit	45 mins	Studio
	11:00am – 11:40am	Aqua Aerobics	40 mins	Swimming Pool
	11:00am – 11:45am	Super Seniors	45 mins	Studio
	6:30pm – 7:10pm	Bootcamp Challenge	40 mins	Studio
	6:30pm – 7:15pm.	HIIT Spin	45 mins	Spin Studio
	7:20pm - 8:00pm	Power Circuit	40 mins	Studio

Friday	6:15am – 7:00am	Sunrise Spin	45 mins	Spin Studio
	8:15am – 9.00am	Power Circuit	45 mins	Studio
	9:15am – 10:00am	Power Circuit	45 mins	Studio
	10:15am – 11:00am	Super Seniors	45 mins	Studio
	6:00pm – 6:45pm	Cross Training	45 mins	Studio
Saturday	9:00am – 9:30am	HIIT Spin	30 mins	Spin Studio
	9:45am – 10:30am	Cross Training	45 mins	Studio
	10:40am – 11:10am	Stretch and Flex	30min	Studio

- Classes with an asterisk (*) are separate paid courses. Please book at Leisure Club Reception.
- All our fitness classes are suitable for mixed fitness levels.
- To book a class simply download the Fitsense App in your Playstore. Click Member Sign in, click Forgotten Password and enter your email address. This will email you a new password to log in.
- Please inform the class instructor if you are new to exercise or returning to exercise after an illness or injury and the class/exercise can be adapted to suit your fitness level.
- Bring a towel, a bottle of water, and enjoy your workout!

Contact Information

The Glenview Hotel and Leisure Club,
Glen of the Downs,
Delgany,
Co Wicklow.
Leisure Club Reception Tel: 01-2740078 // Membership Tel: 01-2740038

Email: leisureclub@glenviewhotel.com // Membership@glenviewhotel.com

Website: www.glenviewhotel.com/leisure-club

Fitness Class Description

Aqua Aerobics: Tone and sculpt your body with no impact on your joints. This popular water aerobics workout is a blend of cardio and resistance training. We may incorporate resistance tools such as water weights and pool noodles.

Step and Sweat
An energetic workout involving step routines that are designed to give you a terrific lower body workout as well as all the benefits of a regular aerobics class. A great cardio class guaranteed to get you moving and sweating. Dumbbells can be added for extra toning.

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.

HIIT Spin: This Spin Class *will have you sweating and get the blood pumping*. Fun and effective way to exercise on an indoor bike, especially if you're short on time or want to maximize your results with less time spent.

Bike and Build: This class is a full body cardio and strength class. Get a great burn as you complete 30 min of sprints, standing climbs paired with 15 min of fully body weight training.

Total Body Conditioning: Body conditioning classes are a great way to achieve muscular endurance. These classes combine a range of barbell, dumb bell and kettlebell exercises to increase all round fitness and strength.

Super Seniors: This class is aimed at our more senior members and has been specifically designed to combined gentle cardio exercises with strength and conditioning movements for a full body workout.

Power Circuit: This circuit fitness class combines strength, cardio, and core work in a fun, high-energy format. You'll rotate through a variety of exercises at different stations, using bodyweight and equipment to challenge all major muscle groups. Suitable for a range of fitness levels, the class can be modified to match your pace while still delivering a strong workout.

Chair Fit: A chair yoga class designed to make yoga accessible for seniors, beginners, or anyone with limited mobility by adapting traditional yoga poses to be performed while seated or with the support of a sturdy chair. The environment is gentle, inclusive, and focused on safety and comfort.

Circuits: A modern twist on the tried and tested circuit training class. A great calorie burner designed to develop all round fitness. This class is you against the clock as you rotate through several stations combining bodyweight exercises, HIIIT exercises and weight-based exercises to get you in great shape.

Stretch and Flex: Flexibility and mobility are important aspects of training and recovery that will keep you moving efficiently and without pain. Our stretch and flex class will leave you feeling rested, restored and ready to crush your next workout.

Cross Training: Cross training is an all-round exercise class combining elements of cardio and strength training. It is an approach to training that draws from a variety of disciplines to create a workout that is both productive and effective.

Bootcamp: Join our 8-week bootcamp challenge designed to help you get stronger, fitter, and more confident. This program combines high-energy workouts, expert coaching and accountability to help you build healthy habits and make real progress in just eight weeks. Whether your goal is fat loss, improved endurance, or a stronger routine, this challenge gives you the structure and motivation to stay on track.

Ass and Abs: Squat, lunge, crunch repeat for a serious workout that does what it says on the tin. Expect to feel the burn and to tone up both your ass & abs!