

Woodlands Health & Leisure Club

FITNESS CLASS

SCHEDULE

Starting 2nd January 2019

"Today it hurts
tomorrow
it works"



CLASS PRICE

Members €5

Non-Members €8

Woodlands Health & Leisure Club,
Fitzgeralds Woodlands House Hotel & Spa, Adare, Co. Limerick.
T: 061 605 111 E: leisure@woodlands-hotel.ie W: www.woodlands-hotel.ie





FITNESS CLASS SCHEDULE

Starts Wed
2nd Jan 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15 – 07.00	GYM HIIT Majella			GYM HIIT Aidan			
07.00 – 07.45	TRX Majella/Jack	Spin Majella/Aidan	Barbell Burn Liam	Spin Majella	TRX Liam/Aidan		
08.15 – 09.00						Body Buster Jack	
09.15 – 10.00						Spin Jack	Full Body Workout Majella/Megan/Aida
10.00 – 10.45	Spin & Tone Majella/Jack	B.L.T. (Bum Legs Tum) *FREE to Members*	TRX Megan/Liam	Body Blast *FREE to Members*	HIIT & HILLS Liam/Aidan		
		Aqua Fit Sinead		Aqua Fit Majella			
11.00 – 11.45			Active Pilates Megan				
18.00 – 18.45			Active Pilates Megan				
18.15 – 19.00	Core TRX Aidan/Liam	Body Blast *FREE to Members*	Spin & Lift Aidan	Circuit Bootcamp *FREE to Members*	Body Flow Movements Ryan		
18.45 – 19.45			Yoga Beginner** Fiona	Pilates Beginner* Megan			
19.00 – 19.45	Barbell Burn Aidan/Liam	Spin & Core Liam		Aqua Fit Sinead			
20.00 – 21.00			Yoga Improver** Fiona	Pilates Improver* Megan			

FREE CLASSES FOR MEMBERS!
TUESDAY
 B.L.T (Bum Legs Tum)
 10.00 & 18.15
THURSDAY
 Body Blast 10.00
 Circuit Bootcamp 18.15
 €8 for Non-Members

JUNIOR GYM
 7-15 years
MONDAY & FRIDAY
 16.00 - 16.30
 FREE for Members
 €3.50 Non-Members

**Yoga is a 10 week course - Jan 9th - Mar 20th. No Yoga on Wed 20th Feb during midterm. Members €85 Non-members €128

*Pilates is a 10 week course - Jan 10th - Mar 21st. No Pilates on Thu 21st Feb during midterm. Members €85 Non-members €128