



## The Club Class Timetable Autumn 2019. Effective from September 2<sup>nd</sup> 2019. *(All Classes Must Be Booked In Advance)*

Tel: 057 86 95050

Email: [theclub@theheritage.com](mailto:theclub@theheritage.com)

[www.theheritage.com](http://www.theheritage.com)

MON	TUES	WED	THURS	FRI
9.30-10.15am <b>Boot Camp</b>		9.30 – 10.15am <b>HIIT</b>	9.30 -10.30am <b>L3 Adv Pilates</b>	9.30 – 10.30am <b>Astro HIIT</b>
10.30am-11.15am* <b>Aqua Splash</b>	11.30am-12 <b>Flex n' Stretch</b>	10.30am-11.15am* <b>Aqua Splash</b>	10.30 -11.15am <b>Level 1 Pilates</b>	10.30am-11.15am* <b>Aqua Splash</b>
1.15-1.45pm <b>Lunchtime TRX</b>	6.45-7.30pm <b>Level 1 Pilates</b>		11.15-12 noon <b>L3 Intermed</b>	
6.45pm-7pm <b>Astro Core</b>	7.30-8.30pm <b>L3 Adv Pilates</b>	6.45pm-7.15pm <b>Astro HIIT</b>	1.15-1.45pm <b>Lunchtime Spin</b>	
8-9pm <b>Cycle n Pump</b>	8.30 – 9.15pm <b>L3 Intermed</b>	8 – 9pm <b>Indoor Cycle &amp; Abs</b>	6.45-7.30pm <b>TRX</b>	
			8 – 8.30pm <b>Aqua Splash</b>	
			8 - 9pm <b>Yoga**</b>	

### lease Note:

- \*Aqua Splash classes will take place **during school holiday times** at the later time of 12-12.45pm. Please enquire for school holiday dates. Advance notification of class time changes will be posted on internal notice boards also.
- Pilates runs as a course and must be pre-booked at the start of each new course. Next new course Sept 10<sup>th</sup> & 12<sup>th</sup> 2019. See notice boards for class details
- All new class participants must complete a health history questionnaire prior to first class. Please notify your instructor of any injuries or illnesses you may have at the start of each class.
- All intending participants in TRX must complete a once off induction prior to participating in the class. This must be pre-booked.
- \*\*Yoga runs as a course of 4 week blocks and costs €35 for members. Must be paid in advance of course starting.

### TRX

Build Strength, Balance, Flexibility & Burn Fat Using Suspended Straps & Your Own Body Weight. *Induction Necessary*

### Aqua Splash

Work in the water with no impact on joints. Aids cardio fitness and toning, with a bit of fun thrown in!

### Cycle Reebok

Indoor Cycling with powerful music-you set the resistance on your individual bike, while guided through flats, hills and intervals. Burns an average of 650 cals per hour. 2 Types Available: *Cycle n Pump*– half hour cycling & half hour studio weights; *Cycle Reebok & Abs* – 40 mins studio cycling and 15 mins full on abs afterwards in studio!

### Pilates \*

No Pain, All The Gain!! Targets the deep postural muscles of the body through a series of exercises building strength, co-ordination, balance, concentration and control of the body. 3 Levels of Classes Available. Must be booked in advance-see notice boards for details

### Astro Classes

These take place on our brand new Astro Turf area. Astro Core will focus purely on core strength and stability in a short session whilst Astro HIIT will feature a variety of new equipment including the Assault Bike, Ski Erg and Conditioning Rig

### Boot Camp

A high energy class using a variety of equipment such as TRX, Kettlebells, Steps, Medicine Balls set out in exercise stations with intermittent aerobic and anaerobic exercise stations also. Designed to build strength, stamina and cardio fitness.