



The Club Class Timetable Summer 2019. Effective from July 22nd - Sept 1st (All Classes Must Be Booked In Advance)

Tel: 057 86 95050 Email: theclub@theheritage.com www.theheritage.com

MON	TUES	WED	THURS	FRI
9.30-10.15am Boot Camp		9.30 – 10.15am HIIT		9.30-10.15 am Strength Express
12-12.45pm Aqua Splash	11.30am-12 Flex n' Stretch	12-12.45pm Aqua Splash		
1.15-1.45pm Lunchtime TRX			1.15-1.45pm Lunchtime Spin	
			6.45-7.30pm TRX	
8-9pm Cycle n Pump		8 – 9pm Indoor Cycle & Abs		

Please Note:

- All classes are included in membership.
- All Levels of Pilates Will Resume September 10th & 12th 2019. Please see notice boards for details and contact Reception to book a place.
- 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 use of the equipment. This must be pre-booked.
- **No Entry To Classes Will Be Permitted Once Warm Up Is Completed.**

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 resistance training; *Cycle Reebok & Abs* – 40 mins studio cycling and 10 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. Must be booked in advance-see notice boards for details

HIIT Countdown

H.I.I.T (High Intensity Interval Training) has become a popular way to burn fat, improve endurance and build strength. This time effective challenging class alternates short intense periods of exercise with less intense recovery periods.