



**THE HERITAGE**  
HOTEL AND SPA

**The Club Class Timetable Spring 2019. Effective from January 7<sup>th</sup> 2019. (All Classes Must Be Booked In Advance)**

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MON	TUES	WED	THURS	FRI	SAT
9.30-10.15am <b>Boot Camp</b>	11.30am-12 <b>Step Aerobics &amp; Sculpt Express</b>	9.30 – 10.15am <b>Box Fit</b>	9.30 -10.30am <b>Level 3 Pilates *</b>	9.30-10.15 am <b>Strength Express</b>	
10.30am-11.15am* <b>Aqua Splash</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>			11.15-12 noon <b>Level 2 Pilates*</b>		
	6.45-7.30pm <b>Level 1 Pilates *</b>		1.15-1.45pm <b>Lunchtime Spin</b>		
	7.30-8.30pm <b>Level 3 Pilates *</b>		7.15-7.45pm <b>Kickboxing</b>		
8-9pm <b>Cycle n Pump</b>	8.30 – 9.15pm <b>Level 2 Pilates *</b>	8 – 9pm <b>Indoor Cycle &amp; Abs</b>			

**Please 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.
- All classes are included in membership. Pilates runs as a 7 week course and must be pre-booked at the start of each new course. Next new course starts January 15<sup>th</sup> & 17<sup>th</sup> 2019. For Levels 1 and 2 all participants must start at the beginning of the 7 week course. 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.

## 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 cal 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

## Strength Express

Strength Express is a half hour class working on total body strength and conditioning using a combination of equipment such as kettlebells, medicine balls and dumbbells as well as matwork. A great compliment to your cardio routine.

## Step Aerobics & Sculpt Express

*Step aerobics* is a classic cardio workout on a 4-inch to 12-inch raised platform. You *step* up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Combine this with the some total body toning and sculpting exercises for the ultimate balanced workout- in only 30 minutes

## 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.