

# Health & Leisure at Hodson Bay

TIME	MON	TUES	WED	THURS	FRI	SAT
11.00 am - 2.00 pm		<b>AQUA AEROBICS</b> 11am	ADULT MIXED ABILITY SWIMMING LESSONS 12.15pm - 1pm	<b>AQUA AEROBICS</b> 11am		<b>AQUA AEROBICS</b> 11am
	<i>'10/10/10'</i> Gym Class 1.15pm - 1.45pm		<i>'KETTLE BELLS'</i> Gym Class 1.15pm - 1.45pm		<i>'BUMS &amp; TUMS'</i> Gym Class 1.15pm - 2pm	<i>'SELF DEFENCE CLASS'</i> 12.30pm - 1.30pm
4.15 pm - 5.00 pm		CHILDREN'S SWIMMING LESSONS (Level I & II)		CHILDREN'S SWIMMING LESSONS (Level I & II)		
5.00 pm - 5.45 pm		CHILDREN'S SWIMMING LESSONS (Level III & IV)	CHILDREN'S SWIMMING ACADEMY (Level VI)	CHILDREN'S SWIMMING LESSONS (Level III & IV)		
6.00 pm - 7.00 pm	<b>LANE TRAINING</b> 6.30pm - 7.30pm	CHILDREN'S SWIMMING LESSONS LEVEL V 6pm - 6.45pm	<b>ADULT SWIMMING LESSONS</b> Beginner Level 6pm - 7pm	CHILDREN'S SWIMMING LESSONS LEVEL V 6pm - 6.45pm		
		<i>'SELF DEFENCE' CLASS - 6pm</i>	<i>'SELF DEFENCE' CLASS - 6.30pm</i>			
7.00 pm - 8.00 pm	<i>'KETTLE BELLS'</i> 7.15pm - 8pm	<b>AQUA AEROBICS</b> 7pm	<b>ADULT SWIMMING LESSONS</b> Improvers Level 7pm - 8pm	<i>'AEROBICS'</i> 7pm - 8pm		
				<i>'YOGA'</i> 7.30pm - 9pm		
8.00 pm - 9.00 pm	<i>'PILATES'</i> 8.15pm - 9pm	<i>'BOXERCISE'</i> 8pm - 9pm	<i>'15/15/15'</i> 8.15pm - 9pm	<b>LANE TRAINING</b> 7.30pm - 8.30pm		

Pool Classes

Pool & Gym classes booking in from Monday the 2<sup>nd</sup> of January 2012

Gym Classes

## Pool & Gym Schedule January / February - 2012

# Health & Leisure at Hodson Bay



## Gym Classes: 'Action Packed for 2012' from the 9<sup>th</sup> of January

### **New Class - 10/10/10:** Members can bring along a friend at €10 'Pay As You Go' per class

A combination cardio & resistance class with three 10 min. segments that includes cycling, step, circuit, strength training & stretch exercises. Suitable for all levels. **Monday from 1.15pm – 1.45pm.**

### **New Class - KETTLEBELLS:** Members can bring along a friend at €10 'Pay As You Go' per class

The 'Kettlebell' is a cast iron weight used to perform exercises that combine cardiovascular, strength and flexibility training. The class involves a range of exercises using the basic movements, such as the swing, snatch, and the clean and jerk, that engages the entire body at once. **Monday from 8.15pm – 9pm & Wednesday from 1.15pm – 1.45pm.**

### **Pilates:** Members can bring along a friend at €10 'Pay As You Go' per class

A combination of stretching, breathing & Yoga techniques with gym mats and stability balls. **Monday from 8.15pm.**

**Self Defence:** An excellent class for building strength, stamina, flexibility & fitness through the Medium of Martial Arts. Contact Leon Brydone at the Leisure Club for more details (**M: 086 - 1650903**) **Tuesday at 6pm, Wednesday at 6.30pm & Saturday at 12.30pm.**

### **Boxercise:** Members can bring along a friend at €10 'Pay As You Go' per class

Aerobic classes utilising the skills of boxing to increasing energy levels and toning up quickly. **Tuesday at 8pm.**

### **New Class -15/15/15:** Members can bring a friend at €10 'Pay As You Go' per class

A combination cardio & resistance class with three 15 min Resistance, Flexibility & Weight Training exercises through various fitness stations. Including floor work & body weight exercises. **Wednesday from 8.15pm – 9pm.**

### **Aerobics:** Members can bring a friend at €10 'Pay As You Go' per class

Fantastic Fat burning Aerobic Classes, incorporating Cardio Vascular, Body Conditioning & Abdominal exercises. 'A Classic Fitness Class' **Thursday at 7pm.**

### **YOGA with Mevin:** This class is available at €10 'Pay as You' Go per class / subject to availability\*

Starting from the 12<sup>th</sup> of January. Incorporating Traditional Hatha & Asthanga Yoga techniques. This is a 12 week course. Member rate: €80 & Non Members rate: €120. Contact Yogi 'Mevin' at the Leisure Club to directly to book in. (**M: 087 – 6813280**). **Thursday at 7.30pm.**

### **Bums & Tums:** Members can bring along a friend at €10 'Pay As You Go' per class

The class is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach. This is great for those who want to lose weight or who simply want to increase their fitness levels with a motivated group of people. **Friday from 1.15pm – 2pm.**

Contact Leisure Club reception for details on classes – 090 6442010

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**Please note that classes are subject to availability**

**Pool Classes: 'Fantastic Classes' – starting from the 9<sup>th</sup> of January**

**CHILDRENS SWIMMING LESSONS:**

We have a full range of swimming lessons for children from 4 years +. See our in house fact sheets for details on the criteria of the '6 Level Programme' **Every Tuesday, Wednesday & Thursday.**

**LANE TRAINING:**

There is lane training for the advanced to elite swimmer. If you wish to train for a Triathlon or simply become a very strong swimmer, then this class is for you. **Every Monday from 6.30pm & Thursday from 7.30pm.**

**AQUA AEROBICS: Members can bring along a friend at €10 'Pay As You Go' per class**

Aqua Aerobics is the performance of aerobic exercise in shallow water. Water aerobic workouts usually combine a variety of techniques from land aerobics, including walking or running backward and forward, jumping jacks, along with various arm movements. The workout also may incorporate equipment such as flotation devices. **These classes run throughout the year. Every Tuesday, Thursday & Saturday from 11am. Tuesday evening also at 7pm.**

**ADULT SWIMMING LESSONS:**

We have a full range of swimming lessons for Adults. See our in house fact sheets for details on the criteria for the 'Mixed Ability, Beginner & Improver Lessons' **Every Wednesday**

**All Children & Adult Swimming lessons are starting for 8 weeks from the week of the 9<sup>th</sup> of January. Swimming lessons are available for Leisure Club members (much reduced rate) & non members. Contact the Leisure Club reception from January 2<sup>nd</sup> to confirm your booking.**

Contact Leisure Club reception for details on classes – 090 6442010

**Pool & Gym Schedule**  
**January / February - 2012**