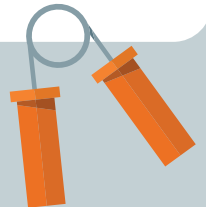




HODSON BAY HOTEL

MON	TUE	WED	THU	FRI	SAT	SUN
09.30 - 11.00 HAPPY SWIMMERS <small>(ASK AT RECEPTION)</small>	11.00 - 11.45 AQUA AEROBICS	10.30 - 11.00 30 SPINNING	11.00 - 11.45 AQUA AEROBICS	N/A	10.00 - 10.30 30 SPINNING	N/A
18.00 - 18.45 ADULT SWIMMING LESSONS	16.00 - 18.00 CHILDREN SWIMMING LESSONS	16.00 - 18.00 CHILDREN SWIMMING LESSONS	N/A	N/A	11.00 - 11.45 AQUA AEROBICS	N/A
19.00 - 19.45 45 SPINNING <small>TOUR DE CYCLE</small>	19.00 - 19.45 AQUA AEROBICS	19.00 - 19.45 45 SPINNING <small>TOUR DE CYCLE</small>	16.00 - 18.00 CHILDREN SWIMMING LESSONS	N/A	N/A	15.00 - 17.15 HAPPY SWIMMERS <small>(ASK AT RECEPTION)</small>
20.00 - 20.45 YOGALATES	20.00 - 20.45 HIIT	19.50 - 20.10 ABS BLITZ	19.30 - 21.00 YOGA WITH MEVIN <small>ADDITIONAL CHARGE</small>	N/A	N/A	N/A



FITNESS CLASSES

30 SPINNING®

30 Spinning® is challenging, fun & one of the best ways to improve cardiovascular fitness whilst burning up to 500Kcal. This class is accompanied by the instructors unique playlist of powerful & energising music

45 SPINNING®

45 Spinning® is challenging, fun & one of the best ways to improve cardiovascular fitness whilst burning up to 700Kcal. This class is accompanied by the instructors unique playlist of powerful & energising music.

HIIT

HIGH INTENSITY INTERVAL TRAINING
Each session will focus on different muscle groups, HIIT is an way to improve cardiovascular fitness and you can burn up to 700 calories.

YOGA WITH MEVIN

Practising for over 20 years, Mevin will share his knowledge and wealth of experience focusing on 5 basic points of Yoga, relaxation, exercise, breathing, meditation & diet. Additional charge applies.

ABS BLITZ

20 Mins of core exercises, which targets 4 different muscle groups within the mid section & will help improve the stubborn tummy area.

YOGALATES

A combination of Yoga & Pilates which, is designed to focus on Core Muscles using Dynamic & Static Stretches.

AQUA AEROBICS

Low impact exercise which gives full body toning and is gentle on the joint.

Classes: €6 per class - Please book in advance to avoid disappointment. Timetable subject to change



GYM & POOL OPENING HOURS

Monday to Friday 07.00 - 21.45
 Sat/Sun/Bank Holidays 08.00 - 20.45
 Children Welcome 09.00 - 19.00

STATE OF THE ART GYMNASIUM

**PERSONALISED FITNESS PROGRAMMES
 TAILORED TO YOUR SPECIFIC GOAL**

**FULL ENTERTAINMENT SYSTEM
 WHILE YOU WORK OUT**

**20M DECK POOL, 3 FEATURE POOLS
 AND JET MASSAGERS**

SAUNA, STEAM ROOM AND FITNESS STUDIO

**FREE FITNESS ASSESSMENT AND
 FULL RANGE OF FITNESS CLASSES**



MEMBERSHIP

CATEGORY	6 MONTH	ANNUAL	DIRECT DEBIT INITIAL PAYMENT	DIRECT DEBIT MONTHLY FOLLOW ON
INDIVIDUAL	€245	€445	€135	€45
FAMILY UP TO 2 ADULTS & 3 KIDS	€450	€795	€225	€75
COUPLE	€450	€695	€210	€70
STUDENT	€225	€350	€105	€35
ADDITIONAL YOUTH	€75	€95	€30	€10
OVER 55's	€225	€350	€105	€35
COUPLE OVER 55's	€350	€595	€180	€60

Above rates are for 2020. Gym Classes are €6 per class.

Please book in advance to avoid disappointment. Hodson Bay Leisure Centre Members will be given priority