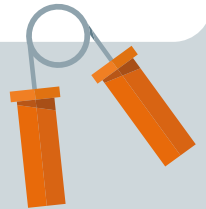




HODSON BAY HOTEL

MON	TUE	WED	THU	FRI	SAT	SUN
11.00 - 11.45 AQUA AEROBICS	11.00 - 11.30 30 SPINNING	11.00 - 11.45 AQUA AEROBICS	11.00 - 11.40 20/20 SPINNING	11.00 - 11.45 AQUA AEROBICS	N/A	N/A
13.15 - 14.15 HAPPY SWIMMERS <small>(ASK AT RECEPTION)</small>	16.00 - 17.30 CHILDREN SWIMMING LESSONS	16.00 - 18.15 CHILDREN SWIMMING LESSONS	16.00 - 17.30 CHILDREN SWIMMING LESSONS	N/A	N/A	13.00 - 15.00 HAPPY SWIMMERS <small>(ASK AT RECEPTION)</small>
19.00 - 19.45 AQUA AEROBICS	19.00 - 19.45 ADULT SWIMMING LESSONS	19.00 - 19.45 YOGALATES	19.00 - 19.45 BOXERCISE	N/A	N/A	N/A
20.00 - 20.45 45 SPINNING <small>TOUR DE CYCLE</small>	20.00 - 20.20 HITT	20.15 - 21.00 45 SPINNING <small>TOUR DE CYCLE</small>	20.00 - 20.25 ABS BLITZ	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.

20/20 SPINNING

20 mins spinning and 20 mins of circuit training.

BOXERCISE

Based on the training concepts boxers use to keep fit

YOGALATES

A combination of Yoga & Pilates 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.

H.I.T.T.

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

ABS BLITZ

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

ALL CLASSES MUST BE BOOKED FOR IN ADVANCE, HODSON BAY LEISURE CENTRE MEMBERS WILL BE GIVEN PRIORITY



GYM & POOL OPENING HOURS

Monday to Friday
Sat/Sun/Bank Holidays
Children Welcome

07.00 - 21.45
08.15 - 20.30
09.30 - 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 2021. **Gym Classes are €6 per class.**

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