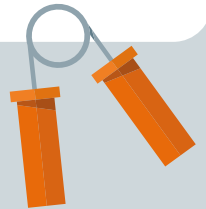




HODSON BAY HOTEL

MON	TUE	WED	THU	FRI	SAT	SUN
11.00 - 11.45 AQUA AEROBICS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A	N/A
13.00 - 14.30 HAPPY SWIMMERS <small>(ASK AT RECEPTION)</small>	N/A	N/A	N/A	N/A	N/A	13.45 - 16.30 HAPPY SWIMMERS <small>(ASK AT RECEPTION)</small>
19.00 - 19.45 AQUA AEROBICS	16.00 - 18.15 CHILDREN SWIMMING LESSONS	16.00 - 18.15 CHILDREN SWIMMING LESSONS	16.00 - 18.15 CHILDREN SWIMMING LESSONS	N/A	N/A	N/A
20.00 - 20.45 45 SPINNING <small>TOUR DE CYCLE</small>	N/A	20.15 - 21.00 45 SPINNING <small>TOUR DE CYCLE</small>	19.00 - 19.45 STRETCH & TONE	N/A	N/A	N/A



FITNESS CLASSES

STRETCH & TONE

Low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility and help relieve stress. Through a series of stretching and toning exercise, participants will develop breathing techniques to compliment this resistance training workout.

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.

HAPPY SWIMMERS

Use an aquatic environment which is so natural for the baby in order to develop and learn new skills. Who can be a better teacher for your baby than you? You will be directly involved as we guide you and show you how to teach your baby to swim. Contact Caroline on 0894139590 to book your place or visit info@happyswimmers.ie

AQUA AEROBICS

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

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
10.00 - 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	€325	€550	€165	€55
FAMILY UP TO 2 ADULTS & 3 KIDS	€650	€1100	€330	€110
COUPLE	€500	€900	€270	€90
STUDENT	€300	€450	€135	€45
ADDITIONAL YOUTH	€100	€150	€45	€15
OVER 55's	€300	€450	€135	€45
COUPLE OVER 55's	€500	€800	€225	€75

*Direct Debit minimum 12 month contract | *Initial payment covers first and final two months of membership

Above rates are for 2023. **Gym Classes are €6 per class for non-members.**

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