

SUN	MON	TUE	WED	THU	FRI	SAT
N/A	09.00 - 10.40 HAPPY SWIMMERS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A
13.45 - 17.00 HAPPY SWIMMERS	11.00 - 11.45 AQUA AEROBICS	16.00 - 1730 CHILDREN'S SWIMMING LESSONS	16.00 - 18.15 CHILDREN'S SWIMMING LESSONS	16.00 - 1730 CHILDREN'S SWIMMING LESSONS	N/A	N/A
N/A	19.00 - 19.45 AQUA AEROBICS	N/A	N/A	N/A	N/A	N/A
N/A	20.00 - 20.30 30 SPINNING TOUR DE CYCLE	20.00 - 20.30 H.I.I.T CLASS	20.00 - 20.30 30 SPINNING TOUR DE CYCLE	N/A	N/A	N/A

FITNESS CLASSES

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

Contact Caroline on 0894139590 to book your place or visit info@happyswimmers.ie

HJJJ.T.

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

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.

AQUA AEROBICS

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

Please Note: Aqua Aerobics at Hodson Bay is Strictly a Members Only Class.

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

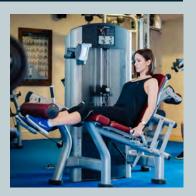
SAUNA, STEAM ROOM AND FITNESS STUDIO

FREE FITNESS ASSESSMENT AND FULL RANGE OF FITNESS CLASSES









MEMBERSHIP

CATEGORY	6 MONTH	ANNUAL	DIRECT DEBIT INITIAL PAYMENT	DIRECT DEBIT MONTHLY FOLLOW ON
INDIVIDUAL	€425	€695	€210	€70
FAMILY UP TO 2 ADULTS & 3 KIDS	€845	€1395	€435	€145
COUPLE	€700	€1150	€345	€115
STUDENT	€400	€585	€175.50	€ 58.50
ADDITIONAL YOUTH	€130	€195	€60	€20
OVER 55's	€400	€585	€175.50	€58.50
COUPLE OVER 55's	€600	€950	€292.50	€97.50

Above rates are for 2024. **Gym Clases are €6 per class for non-members.** Please book in advance to avoid disappointment. Hodson Bay Leisure Centre Members will be given priority