



HODSON BAY HOTEL

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 - 17.30 CHILDREN'S SWIMMING LESSONS	16.00 - 18.15 CHILDREN'S SWIMMING LESSONS	16.00 - 17.30 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 <i>TOUR DE CYCLE</i>	20.00 - 20.30 H.I.I.T CLASS	20.00 - 20.30 30 SPINNING <i>TOUR DE CYCLE</i>	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 swim.

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

H.I.I.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 07.00 - 21.45
 Sat/Sun/Bank Holidays 08.15 - 20.30
 Children Welcome 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 <small>INITIAL PAYMENT</small>	DIRECT DEBIT <small>MONTHLY FOLLOW ON</small>
INDIVIDUAL	€425	€695	€210	€70
FAMILY <small>UP TO 2 ADULTS & 3 KIDS</small>	€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

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

Above rates are for 2024. **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