



HODSON BAY HOTEL

SUN	MON	TUE	WED	THU	FRI	SAT
N/A	N/A	N/A	11.00 - 11.45 AQUA AEROBICS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A
N/A	11.00 - 11.45 AQUA AEROBICS	N/A	N/A	N/A	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 <small>TOUR DE CYCLE</small>	20.00 - 20.45 ZUMBA	20.00 - 20.30 30 SPINNING <small>TOUR DE CYCLE</small>	20.15 - 20.50 YOGALATES	N/A	N/A

FITNESS CLASSES

ZUMBA

Feel the Beat, Burn the Calories!
Get ready to dance your way to fitness with Zumba! This high-energy, Latin-inspired dance workout combines vibrant music, easy-to-follow steps, and a whole lot of fun. Whether you're a beginner or a seasoned dancer, Zumba offers a full-body workout that targets all muscle groups, boosts your cardio fitness, and improves coordination. It's not just exercise—it's a party! So, put on your dancing shoes and join us for a session that will have you moving, grooving, and feeling amazing.

YOGALATES

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

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.



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

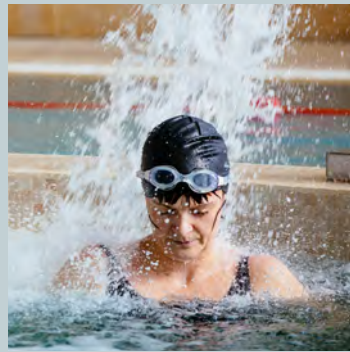
**PERSONALISED FITNESS PROGRAMMES
TAILORED TO YOUR SPECIFIC GOAL**

**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 <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 2025. **Classes are strictly members only.**

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