



HODSON BAY HOTEL

SUN	MON	TUE	WED	THU	FRI	SAT
N/A	09:00 - 10:30 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	N/A	N/A	N/A	N/A	N/A
N/A	19:00 - 19:45 AQUA AEROBICS	16:00 - 17:30 CHILDREN'S SWIMMING	16:00 - 18:15 CHILDREN'S SWIMMING	16:00 - 17:30 CHILDREN'S SWIMMING	N/A	N/A
N/A	20:00 - 20:30 30 SPINNING TOUR DE CYCLE	19:00 - 19:45 ZUMBA	20:00 - 20:30 30 SPINNING TOUR DE CYCLE	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.

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.

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.

YOGALATES

Combination of Yoga & Pilates which, is designed to focus on core muscles using dynamic & static stretches.

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

ALL CLASSES MUST BE BOOKED FOR IN ADVANCE.