

- **Box Fit**

Box Fit Is A Cardio Class Inspired By Martial Arts Where You Can Punch, Kick And Strike Your Way Through A Total Body Workout To Motivating Music. Expect To Burn Heaps Of Calories And Feel Great Whilst You're Doing It!

- **Ass and Abs**

Squat, lunge, crunch repeat for a serious workout that does what it says on the tin. Expect to feel the BURN and to tone up both your ass & abs!

- **HIIT Spin**

HIIT Spin is shorter than a regular spin class but higher in intensity. This type of training is very intense but HIIT Spin is brilliant for reducing work out time while increasing fat burn.

**All of our fitness classes are suitable for mixed fitness levels.**

**Please inform the class instructor if you are new to exercise or returning to exercise after an illness or injury and the class/exercise can be adapted to suit your fitness level.**

*The Glenview Health and Leisure Club, Glen of the Down's, Delgany, Co Wicklow.*

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[www.glenviewhotel.com/leisure-club](http://www.glenviewhotel.com/leisure-club)





# GLENVIEW HOTEL & LEISURE CLUB



## Fitness Class Timetable

**May - June 2024**

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Duration</b>	<b>Area</b>
<b>Monday</b>	6.15am – 7.00am	Sunrise Spin	45 mins	Spin Studio
	9.15am - 10.00am	Total Body Conditioning	45 mins	Studio
	10.15am – 11.00am	Pilates (€)	45 mins	Studio
	11.15am – 12.00pm	Super Seniors	45 mins	Studio
	6.30pm – 7.10pm	Super Spin	40 mins	Spin Studio
	6.30pm – 7.10pm	Step 'n' Sweat	40 mins	Studio
	7.20pm – 7.50pm	Glenview Games – Functional training	30 min	Studio
	7.20pm -7.50pm	HIIT Spin	30 min	Studio
	8.00pm – 8.40pm	Aqua Fit	40 mins	Swimming Pool
<b>Tuesday</b>	6.15am – 7.00am	A.M.R.A.P and Core	45 mins	Studio
	9.15am – 9.45am	Ass & Abs	30 mins	Studio
	10.00am-10.30am	HIIT Spin	30 min	Spin Studio
	10.00am – 10.40am	Circuits	40 mins	Studio
	11.00am – 11.45am	Super Seniors	45 Mins	Studio
	11.00am – 11.40am	Aqua Aerobics	40 mins	Swimming Pool
	6.30pm – 7.00pm	Super Circuit	30 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	30 mins	Spin Studio
	7.10pm – 7.50pm	Total Body Conditioning	40 mins	Studio
7.10pm – 7.50pm	Super Spin	40 mins	Spin Studio	
<b>Wednesday</b>	6.15am – 7.00am	Kettlebells and Core	45 mins	Studio
	9.15am – 10.00am	Push and Lift	45 mins	Studio
	10.15am – 11.00am	Super Seniors	45 mins	Studio
	11.00am – 11.45am	Super Seniors	45 mins	Studio
	6.30pm – 7.10pm	Super Spin	40 mins	Spin Studio
	6.30pm – 7.00pm	Total Body Conditioning	30 mins	Studio
	7.10pm – 7.50pm	Super Circuit	40 mins	Studio
	7.20pm – 7.50pm	Speedy Spin	30min	Spin Studio
	8.00pm – 8.40pm	Aqua Fit	40 mins	Swimming Pool

<b>Thursday</b>	6.15am – 7.00am	Glenview Games- Functional Training	45 mins	Studio
	9.00am – 9.45am	Super Spin	45 mins	Spin Studio
	10.00am – 11.00am	Yoga (€)	60 mins	Studio
	11.00am – 11.40am	Aqua Aerobics	40 mins	Swimming Pool
	11.15am – 12.00am	Super Seniors	45 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	30 mins	Spin Studio
	6.30pm – 7.10pm	Boot Camp	40 mins	Studio
	7.20pm – 8.00pm	Box Fit	40 mins	Studio
	7.15pm -7.45pm	HIIT Spin	30mins	Spin Studio
<b>Friday</b>	6.15am – 7.00am	Sunrise Spin	45 mins	Spin Studio
	9.15am – 10.00am	Lift & Core	45 mins	Studio
	10.15am – 11.00am	Super Seniors	45 mins	Studio
	11.00am – 11.45am	Super Seniors	45 mins	Studio
	6.15pm – 6.45pm	HIIT Spin	30 mins	Spin Studio
<b>Saturday</b>	9.00am – 9.30am	HIIT Spin	30 mins	Spin Studio
	9.45am – 10.30am	Glenview Games- Functional Training	45 mins	Studio
	10.40am – 11.10am	Stretch and Flex	30min	Studio

## **Fitness Class Description**

- **Aqua Fit**

Tone And Sculpt Your Body with No Impact to Your Joints. This Popular Water Aerobics Workout Is a blend Of Cardio and Resistance Training and may Incorporate Resistance Tools Such as water weights And Pool Noodles.

- **Kettlebells**

From strengthening the key muscle groups including the legs, core and upper body our kettlebells class is a super effective way of improving total-body strength.

- **Sunrise Spin**

Sunrise Spin is a great way to start the day. A steady Spin Class with plenty of climbs and a few sprints thrown in for good measure.

- **TBC – Total Body Conditioning**

Body conditioning classes are a great way to achieve muscular endurance. TBC combines a range of barbell, dumb bell and kettlebell exercises to increase all round fitness and strength.

- **Super Seniors**

This class is aimed at our more senior members and has been specially designed to combined gentle cardio exercises with strength and conditioning movements for a full body workout.

- **Speedy Spin**

Only have 30 minutes to spare, we have the class for you. This 30 min Spin Class will have you sweating and get the blood pumping. The class intensity is lower than HIIT Spin making it a perfect class for those new to exercise.

- **Push and Lift**

Push and Lift consists of high-repetition, low-weight exercises performed using a barbell and a selection of weight plates to upbeat music. Each Push and Lift class has a warm-up, several strength-training tracks, and a cool-down at the end.

- **Step and Sweat**

An energetic workout involving step routines that are designed to give you a terrific lower body workout as well as all the benefits of a regular aerobic class. A great cardio class guaranteed to get you moving and sweating. Dumbbells can be added for extra toning.

- **Super Circuits**

A modern twist on the tried and tested circuit training class. A great calorie burner designed to develop all round fitness. This class is you against the clock as you rotate through a number of stations combining bodyweight exercises, HIIT exercises and weights-based exercises to get you in great shape.

- **Stretch and Flex**

Flexibility and mobility are important aspects of training and recovery that will keep you moving efficiently and without pain. Our stretch and flex class will leave you feeling rested, restored, and ready to crush your next work out.

- **Glenview Games – Functional Training**

This is our Glenview Games Preparation training. Functional training is going to strengthen the whole body. Functional training trains the same muscle movements you use in everyday life like bending, lifting, twisting, pushing, and pulling. Whether you are participating in the games or not functional training is suitable for everyone wanting to move better and get stronger.