



THE MERRILL

LEISURE CLUB

Fitness Class Timetable – May/June 2018

Day	Class	Time	Location
Monday	Boxercise	9.15am – 10.00am	Fitness Studio
	Aqua Aerobics	10.15am – 11.00am	Swimming Pool
	Super Spin	18.30pm – 19.15pm	Spin Studio
	Super Circuits	19.30pm – 20.15pm	Fitness Studio
	HIIT Spin	19.30pm – 20.00pm	Spin Studio
Tuesday	Kettlebells and Barbells	9.30am – 10.15pm	Fitness Studio
	Stretch, Flex & Core	10.30am – 11.00am	Fitness Studio
	HIIT Spin	18.30pm – 19.15pm	Spin Studio
	Yogalates	18.30pm – 19.00pm	Fitness Studio
	Aqua Aerobics	19.30pm – 20.00pm	Swimming Pool
Wednesday	HIIT Circuits	9.30am – 10.00am	Fitness Studio
	Aqua Aerobics	10.15am – 11.00am	Swimming Pool
	Super Spin	18.30pm – 19.15pm	Spin Studio
	Boxercise	18.30pm – 19.15pm	Fitness Studio
	Stretch, Flex & Core	19.30pm – 20.00pm	Fitness Studio
Thursday	Super Spin	9.30am – 10.15am	Spin Studio
	Stretch, Flex & Core	10.30am – 11.15am	Fitness Studio
	Kettle Bell Blast	18.30pm – 19.15pm	Fitness Studio
	Super Spin	18.30pm – 19.15pm	Spin Studio
	Aqua Aerobics	19.30pm – 20.00pm	Swimming Pool
Friday	HIIT Circuits	9.30am – 10.00am	Fitness Studio
	Aqua Aerobics	10.15am – 11.00am	Swimming Pool
	Spin Express	18.30pm – 19.00pm	Spin Studio
	Push and Lift	19.15pm – 19.45pm	Fitness Studio
Saturday	Stretch, Flex & Core	9.15am – 10.00am	Fitness Studio
	Super Spin	10.15am – 11.15am	Spin Studio

Fitness Class Descriptions

Boxercise

Boxercise is a high intensity exercise class that combines high intensity cardio exercise with non contact boxing moves aimed at knocking your body into shape. Using pads and gloves you will shadow box, work in pairs and we will teach you basic boxing techniques to help you strengthen your core while blitzing those calories in a fun and fast workout.

HIIT Spin

HIIT Spin is a shorter but tougher version of our Super Spin Class. This class focuses on short sprints and short power climbs aimed at kicking your metabolism into high gear. Short recovery periods in this class mean that you will be working at a high intensity level from start to finish.

Super Spin

Super Spin is a longer but lower intensity class than HIIT Spin. It may be lower intensity but it is just as hard combining longer harder climbs and repeated sprints make this class a real calorie killer.

Yogalates

Yogalates combines the best of two popular exercise regimes – Yoga and Pilates in an invigorating but challenging exercise class. This class is designed to help with developing your core strength, improving your posture and increase your flexibility. This will help you develop a stronger, healthier and toned body.

Fitness Class Rules

- Please be on time for the class – you may not be allowed to participate if you arrive late.
- Appropriate clothing and footwear must be worn in all classes
- Please leave your phone in your locker
- Please make sure you sign in for all evening classes
- Make sure you let the class instructor know if you have any issues that may affect your ability to do the exercises in the class.

HIIT Circuits

In HIIT Circuits you will move through a number of stations/exercises that make up the circuit. This class is all about short bursts of high intensity exercise combined with short recovery periods to work you to the max.

Aqua Aerobics

Our ever popular pool based fitness class combines a range of moves to improve fitness, flexibility and muscle tone. Working your upper and lower body and using the water as resistance this class is great for all fitness levels.

Stretch, Flex & Core

Stretch, Flex and Core focuses on light mobility exercises and gentle stretching. This class will improve flexibility and enhance core strength. Stretch, Flex & Core is ideal for anyone suffering with stiff joints or muscles and the instructor will guide you through a range of stretching and breathing techniques. By the end of the class you will be relaxed and refreshed.

Kettlebell Blast

Kettlebell blast will take you through a series of upper and lower body exercises using the kettlebell as resistance. This is a great all round class combining both cardio and resistance training aimed at shredding fat and getting you stronger.

Super Circuits

Super Circuits will take you through a number of different stations combining upper and lower body exercises. Each exercise is done for a set period of time with a recovery period either between exercises or between sets. This class is a mix of cardio and strength based exercises and is great for all round fitness

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