



| MONDAY                              | TUESDAY  | WEDNESDAY                                   | THURSDAY   | FRIDAY                              | SATURDAY                                       |
|-------------------------------------|--|---|--|-------------------------------------|--|
| <b>HIIT Circuit</b><br>09:30-10:15  | <b>Boxercise</b><br>09:30-10:15                | <b>Bums, Legs &amp; Tums</b><br>09:30-10:15 | <b>Kettlebells &amp; Barbells</b><br>09:30-10:15 | <b>Spin Class</b><br>09:30-10:15    | <b>Stretch, Flex &amp; Core</b><br>09:30-10:00 |
| <b>Aqua Aerobics</b><br>10:30-11:15 | <b>Stretch, Flex &amp; Core</b><br>10:30-11:00 | <b>Aqua Aerobics</b><br>10:30-11:15         | <b>Stretch, Flex &amp; Core</b><br>10:30-11:00   | <b>Aqua Aerobics</b><br>10:30-11:15 | <b>Spin Class</b><br>10:15-11:00               |
| <b>Spin Class</b><br>18:30-19:15    | <b>Spin Class</b><br>18:30-19:15               | <b>Spin Class</b><br>18:30-19:15            | <b>Step &amp; Tone</b><br>18:30-19:15            | <b>Spin Express</b><br>18:30-19:00  |  |
| <b>Aqua Aerobics</b><br>19:30-20:15 |  | <b>Aqua Aerobics</b><br>19:30-20:15         |  |                                     |  |

Monday-Thursday: 06:30-21:30


Friday: 06:30-20:30

Weekend & Bank Holidays: 08:00-18:00

 (01) 2761206

 merrill\_fitness\_bray

 merrill@royalhotel.ie


 @royalbray


| MONDAY                              | TUESDAY  | WEDNESDAY                                   | THURSDAY   | FRIDAY                              | SATURDAY                                       |
|-------------------------------------|--|---|--|-------------------------------------|--|
| <b>HIIT Circuit</b><br>09:30-10:15  | <b>Boxercise</b><br>09:30-10:15                | <b>Bums, Legs &amp; Tums</b><br>09:30-10:15 | <b>Kettlebells &amp; Barbells</b><br>09:30-10:15 | <b>Spin Class</b><br>09:30-10:15    | <b>Stretch, Flex &amp; Core</b><br>09:30-10:00 |
| <b>Aqua Aerobics</b><br>10:30-11:15 | <b>Stretch, Flex &amp; Core</b><br>10:30-11:00 | <b>Aqua Aerobics</b><br>10:30-11:15         | <b>Stretch, Flex &amp; Core</b><br>10:30-11:00   | <b>Aqua Aerobics</b><br>10:30-11:15 | <b>Spin Class</b><br>10:15-11:00               |
| <b>Spin Class</b><br>18:30-19:15    | <b>Spin Class</b><br>18:30-19:15               | <b>Spin Class</b><br>18:30-19:15            | <b>Step &amp; Tone</b><br>18:30-19:15            | <b>Spin Express</b><br>18:30-19:00  |  |
| <b>Aqua Aerobics</b><br>19:30-20:15 |  | <b>Aqua Aerobics</b><br>19:30-20:15         |  |                                     |  |

Monday-Thursday: 06:30-21:30


Friday: 06:30-20:30

Weekend & Bank Holidays: 08:00-18:00

 (01) 2761206

 merrill\_fitness\_bray

 merrill@royalhotel.ie

 @royalbray



# CLASS DESCRIPTIONS

## **Kettlebells & Barbells:**

Bars & Bells will take you through a series of upper and lower body exercises using the kettlebells & barbells as resistance. This is a great all-round class combining both cardio and resistance training aimed at shredding fat and getting you stronger.

## **HIIT Circuit:**

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.

## **Spin Class/Spin Express:**

Spin Classes focus on sprints and 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. A real calorie killer.

## **Boxercise:**

Boxercise is a high intensity exercise class that combines high intensity cardio exercise with non-contact boxing, using pads and gloves and working in pairs we will blitz those calories in a fun and fast workout.

## **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. By the end of the class you will be relaxed and refreshed.

## **Bums, Legs & Tums:**

This class focuses on the lower extremities and core. The routines feature interval training with upbeat music and great company. The moves target the commonly referred to as "problem areas". Come join us for a great workout.

## **Step & Tone:**

Get a full-body burn with step & tone! You'll work to strengthen, tone and burn calories with fun, fast-paced workouts. There's no shortage of variety here- we'll take you through cardio, plyometrics, dumbbell work, core and more.

# CLASS DESCRIPTIONS

## **Kettlebells & Barbells:**

Bars & Bells will take you through a series of upper and lower body exercises using the kettlebells & barbells as resistance. This is a great all-round class combining both cardio and resistance training aimed at shredding fat and getting you stronger.

## **HIIT Circuit:**

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.

## **Spin Class/Spin Express:**

Spin Classes focus on sprints and 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. A real calorie killer.

## **Boxercise:**

Boxercise is a high intensity exercise class that combines high intensity cardio exercise with non-contact boxing, using pads and gloves and working in pairs we will blitz those calories in a fun and fast workout.

## **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. By the end of the class you will be relaxed and refreshed.

## **Bums, Legs & Tums:**

This class focuses on the lower extremities and core. The routines feature interval training with upbeat music and great company. The moves target the commonly referred to as "problem areas". Come join us for a great workout.

## **Step & Tone:**

Get a full-body burn with step & tone! You'll work to strengthen, tone and burn calories with fun, fast-paced workouts. There's no shortage of variety here- we'll take you through cardio, plyometrics, dumbbell work, core and more.