

Iveagh Fitness Club

CHRISTCHURCH

fitness class description

CLASS	BENEFITS			DESCRIPTION
	Fat Burning	Toning	Fitness	
Ab Attack	★	★★★	★	Ab Attack works solely on your stomach muscles to tone up and strengthen your 'abs' to help you achieve a flat tight stomach.
Aqua Fit	★	★★	★★	Aqua Fit is a swimming pool workout. The water supports your joints so is good for those with injuries. Exercises with floats and gloves use the resistance of the water to strengthen and tone muscles.
Ashtanga Yoga	★★★	★★★	★★	Ashtanga Yoga uses a sequence of exercises to strengthen & tone the body and improve flexibility. You can also heal and energise the body by exercising internal organs through practising Yoga.
Body Pump	★★★	★★★	★★	Body Pump is a total body workout using barbells. This class works all major muscles by using simple exercises like squats, presses, lifts and curls to help you achieve a fit, toned body.
Boxercise	★★★	★★★	★★★	Boxercise, Kick-Boxercise & Lunch-Box classes combine cardio work, strength training and boxing skills into one fitness activity. These whole body workouts burn calories, tone your upper & lower body and is a great stress-buster suitable for all levels of ability.
Body Sculpt	★★★	★★★	★★	Body Sculpt is a total body workout using weights, resistance bands and body weight. You will strengthen and tone upper and lower body muscles to help you achieve a tight sculpted body.
Cardio Dance	★★★	★★★	★★★	Get your cardio workout here whilst learning some funky dance moves to great music.
Circuit	★★★	★★★	★★★	Circuit is a combination of high intensity cardio and strength training designed to target fat loss and muscle toning. A 'circuit' is one completion of all prescribed exercises in the program. The circuit class involves completing several circuits which will give you a great total body workout.
Kettlebells	★★	★★★	★★	Kettlebells are essentially a lump of metal with a handle attached. Originating in Russia - for hundreds of years athletes have used them for strength training. Kettlebell training not only strengthens muscles but is also an effective fat burner.
Pilates	★★	★★★	★★	Pilates concentrates on strengthening back and stomach muscles. The specific exercises improve posture, flexibility, balance and relaxes the mind.
Spinning	★★★	★★	★★★	Group cycling class simulating cycling on the road by using various sitting and standing positions whilst changing resistance on the wheel. Spinning is great for fitness & weight loss.
Step	★★	★★	★★	Step aerobics needs no introduction. The forever popular class with some new moves to keep you on your toes.
Tabata Cardio Circuit	★★★	★★★	★★★	Tabata Training is a form of interval training. This class consists of high intensity cardio circuits and is very effective for weight loss and improving fitness fast.

The Iveagh Fitness Club, Bride Road, Christchurch, Dublin 8, Ireland.

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www.iveaghfitness.ie

class timetable

Iveagh Fitness Club
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Monday to Friday - 6.30am to 10.00pm | Saturday - 8am to 8pm | Sunday - 9am to 8pm

TIMES / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15AM	Spinning 40mins		Spinning 40mins		Spinning 40mins		
10.00am						Pilates* 45mins	
10.30am						Aqua Fit 45mins	
11.00am		Aqua Fit 45mins		Aqua Fit 45mins			Spinning 45mins
11.30am						Body Sculpt 45mins	
11.45am							Ab Attack 15mins
1.10pm	Body Sculpt 40mins	Spin & Abs 40mins	Boxercise 40mins	Spin & Abs 40mins	Circuit 40mins		
5.45pm	Ab Attack 15mins	Ab Attack 15mins	Ab Attack 15mins	Ab Attack 15mins			
6.00pm	Circuit 30mins	Boxercise 45mins	Body Sculpt 30mins	Body Pump 60mins	Spin & Abs 60mins		
6.00pm				Spinning 45mins	Pilates* 45mins		
6.30pm	Spinning 45mins	Begin to Spin 30mins	Spinning 45mins				
6.30pm		Aqua Fit 45mins	Pilates* 45mins	Aqua Fit 45mins			
7.00pm		Body Pump 60mins	Swim Lessons* 45mins	'Tabata' Cardio Circuit 30mins			
7.15pm	Step 45mins		Cardio Dance 45mins				
8.00pm	Pilates* 45mins	Kettlebells* 45mins	Yoga* 60mins	Kettlebells* 45mins			

Fitness Classes are FREE
for ALL members

Classes cater for ALL levels
Beginners are welcome
to ALL classes

If you have any questions
about classes, ask a Fitness
Instructor.

*Swimming Lessons, Yoga,
Pilates & Kettlebells courses
incur additional fees.
Booking is required.

Ask reception for details