

CLASS SCHEDULE

Winter 2024

Starting: 08/01/24

escape

HEALTH CLUB & SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:00am Mobility & Core	9:00-9:30am Aqua Aerobics		9.00-9.30am Aqua Aerobics	9:00-9:30am Aqua Aerobics
	9:45-10:15am Aqua Aerobics	10.00am-11.30am Turtle Tots *****	10.00am-10.30am Mobility & Core	9.45am-10.15am Aqua Aerobics
6:30-7:00pm Spin Express	4:00pm-6.00pm Kids **Swim lessons**		4:00pm-6:00pm Kids **Swim lessons**	2.30pm-6.30pm Swimmingly *****
7:15-8:00pm Zumba (Rebecca) *****		6:15pm-6:45pm HIIT	6.30-7.00pm Mobility	
	7.00pm-8.30pm Yoga (Clare) *****		7:00-8:00pm Zumba (Rebecca) *****	7:00- 7:45pm Body Burn

*Subject to change | *Terms and Conditions apply.

***** DENOTES CLASSES BY EXTERNAL INSTRUCTORS, EXTRA FEE APPLIES.

You're only one workout
away from a good mood.

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Newpark Hotel
KILKENNY
With escape Health Club & Spa

 A FLYNN HOTEL



CLASSES

AQUA AEROBICS

A low impact, high energy workout. Suitable for all ages, skill, and fitness levels. Using resistance from the water as well as specially designed equipment to get a great workout.

BODY BURN

A full body weighted workout using light to moderate weights with lots of reps. Perfect for those wanting to lose fat and tone up as it challenges all your major muscle groups as you squat, press, lift and curl.

SPIN EXPRESS

A low impact indoor cycling class. It's fast, intense and will provide you with fast improvements to cardiovascular fitness.

HIIT

High-intensity interval training (HIIT) is a workout that alternates between intense bursts of activity and fixed periods of less-intense activity allowing recovery.

MOBILITY & CORE

A moderate intensity & low impact class with stretching and mobility work as well as lower body and core strengthening exercises.

STEP IT UP!

Step aerobics to suit all fitness levels. Improve your fitness through exercise to music with our amazing fitness instructor Alanna. A high energy, fun experience that will get your heart racing and booty shaking.

Booking is essential as spaces are limited.

Our class bookings are booked through our new WhatsApp group or at reception. Please contact an instructor for details.

*******EXTERNAL INSTRUCTORS CLASS BOOKING INFO:**

Rebecca (Zumba) - 0851403387 Turtle Tots (Baby Lessons) - 016933422

Clare (Yoga) - 0877755649

Alanna (Yoga)- 0838954479 (Whatsapp Only)