

# Class Schedule

## Sept '24

Starting: 2/9/24

escape  
HEALTH CLUB & SPA

at



Monday Tuesday Wednesday Thursday Friday

	9am - 9:30am Aqua Aerobics		9am - 9:30am Aqua Aerobics	9am - 9:30am Aqua Aerobics
9:30am - 10am Mobility & Core	9:45am - 10:15am Aqua Aerobics	10am - 11am Turtle Tots *****		9:45am- 10:15am Aqua Aerobics
	4pm - 6pm **Swimming Lessons**	4:30pm - 5:30pm Kids Zumba (Rebecca) *****	4pm - 6pm **Swimming Lessons**	2.30pm-6.30pm Swimmingly *****
6:15pm - 7pm Sculpt & Tone	6:30pm - 7pm Spin & Tone			
7.15pm - 8.15pm Zumba (Rebecca) *****	7pm - 8:30pm Yoga (Clare) *****	7pm - 7:30pm HIIT	7pm - 8pm Zumba (Rebecca) *****	7pm - 7:45pm Body Burn

**“You’re only one workout away from a good mood”**

\*\*\*\*\* Denotes classes by external instructors

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# CLASSES

## Aqua Aerobics

A low impact, high energy workout suitable for all ages, skill and fitness level. Using resistance from the water, as well as specially designed equipment, you're sure 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 your major muscle groups as you squat, press, lift and curl.

## Mobility & Core

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

## HIIT

High intensity interval training is a workout that alternates between intense bursts of activity and fixed periods of less intense activity which allows recovery.

## Sculpt & Tone

A moderate intensity workout, focusing on adding definition to your physique with higher reps and lower weight. This workout will help improve your circulation, metabolism and caloric burn, further enhancing the shape and definition of your muscles.

## Spin & Tone

A high intensity workout that combines the cardiovascular benefits of indoor cycling with strength training exercises. The combination of cardio and strength training helps increase endurance, burn calories, build lean muscle, and improve overall fitness.

### BOOKING IS ESSENTIAL

Our class bookings are booked through our WhatsApp group. Please scan the QR code for access to classes.

Rebecca -  
0851403387

Clare -  
0877755649

Turtle Tots  
016933422

