

FITNESS CLASSES

With **escape** Health Club & Spa

Escape Health Club in Kilkenny City offers a wide range of fitness classes for all levels from Aqua Aerobics and Zumba to Body Burn and HIIT. Enjoy full access to our gym and 17.5m pool, perfect for low-impact training and resistance workouts.

GYM TIMETABLE

MON	MOBILITY & CORE (9.30am - 10.00am)			ZUMBA WITH REBECCA* (7.15pm - 8.00pm)
TUES	AQUA AEROBICS (9.15am - 9.45am)			YOGA WITH CLARE* (7.00pm - 8.30pm)
WED	AQUA AEROBICS (9.15am - 9.45am)	YOGA WITH CLOIDEACH* (10.15am - 11.05am)		HIIT (6.15pm - 6.45pm)
THUR	AQUA AEROBICS (9.15am - 9.45am)	YOGA WITH CLOIDEACH* (10.15am - 11.05am)	STRETCH & STRENGTHEN (6.15pm - 6.45pm)	ZUMBA WITH REBECCA* (7.15pm - 8.00pm)
FRI	AQUA AEROBICS (9.15am - 9.45am)		BODY BURN (6.30pm - 7pm)	
SAT	YOGA WITH CLOIDEACH* (9.00am - 9.50am)			

BOOKING IS ESSENTIAL

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

* Denotes classes are organised by external instructor, contact reception for more details

Rebecca (Zumba) – 0851403387 | Clare (Yoga) – 0877755649
Cloideach (Anam Yoga) 087 3899453



DISCOVER OUR FITNESS CLASSES

SOMETHING FOR EVERYBODY AT EVERY LEVEL



AQUA AEROBICS

A fun, low-impact, high-energy workout using water resistance and specialised equipment. Perfect for all ages and abilities — great for joint health, toning, and boosting cardiovascular fitness.



BODY BURN

Full-body strength training with light to moderate weights and high reps. Target your major muscle groups with squats, curls, lifts and presses to tone, sculpt, and burn fat.



MOBILITY & CORE

Focus on flexibility, joint health, and core strength through controlled movements and targeted stretches. Ideal for improving posture, stability, and overall body awareness.



HIIT (HIGH-INTENSITY INTERVAL TRAINING)

Short bursts of intense effort followed by brief recovery. This dynamic class is designed to torch calories, improve endurance, and get results - fast.



YOGA

Combines gentle movement, stretching, mindful breathing and flowing poses to improve flexibility, balance and strength while encouraging relaxation. A perfect way to reset, recharge and bring a little calm to your day.



STRETCH & STRENGTHEN

Build functional strength, improve balance, and increase mobility through intentional, low-impact movements. A great complement to any training plan or active lifestyle.

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www.newparkhotelkilkenny.com


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KILKENNY