

# FITTER, HEALTHIER, HAPPIER STUDIO TIMETABLE

## JANUARY TO APRIL OPENING TIMES

Monday to Friday 6.30am to 10pm

Saturday & Sunday 8.30am to 7.30pm

Bank Holidays 9am to 6pm



OSPREY  
LEISURE  
CLUB



## NEW CLASSES & COURSES

Children & Adults  
Swimming Lessons

Trainers Choice

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# Studio Timetable

TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
7am to 7.45am	Spin	TRX	Spin	Body Blast		HITT & Abs		
9.30am to 10am	Trainers Choice	Boxercise	Strength & Conditioning	Trainers Choice	Abs	Spin	HITT	
10.15am to 11am	Aqua Fit		Fit for Life			Aqua Fit	Spin	Body Blast
1.10pm to 1.40pm		HITT		Strength & Conditioning				
5pm to 5.45pm	Body Blast		TRX	Body Blast				
6pm to 6.30pm	Spin	Body Blast	HITT			Spin		
6.45pm to 7.30pm	Kettlebells	Spin	Trainers Choice	Boxercise		Strength & Conditioning		
8pm to 8.30pm		Aqua		Step				

For information on the above courses and the Running Club please contact reception  
 Kids Club Sundays (10 - 11.30am) free for members children aged from 4 to 12 years – please book at reception

## TRX

TRX suspension training is a bodyweight training that aims to build strength, balance, flexibility and core stability. Excellent for all over fat loss and improved strength. Expect jumping, pushing, pulling and lots of it. TRX focuses on hitting the muscles for that toned look, expect bars and dumbbells with the TRX.

## Body Pump

Using weights and bars, the body blast class is designed to strengthen and tone muscles. It will help improve bone density and decrease the risk of Osteoporosis.

## Abs

High intensity abdominal exercises. Hit those Abs!

## Fit for Life

Fit for life is an exercise course aimed at the older adult. This class emphasises joint mobility, strength, aerobic fitness, flexibility and most importantly fun!

## Spin

Spinning classes are all performed on stationary bikes. Cycling to various different speeds of music. A great calorie burner and excellent for improved fitness levels.

## HITT

HITT is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full- body strength training with high intensity cardio bursts designed to tone your body, improve your endurance.

## Boxercise

Boxercise is a sport based aerobic exercise that is utilized to keep the participant fit, but does not involve actually hitting anyone (or being hit). The sport offers a way for people with little interest in contact boxing to benefit from the fitness that the sport can bring. Boxercise classes can be very varied, both in content and target group. Some are heavily influenced by traditional boxing exercises, some are based around kick boxing while others take the form of circuit training.

## Kettlebells

Kettlebells are cast iron weights, ranging from 8lbs to over 100lbs, shaped like a ball with a handle for easy gripping. The kettlebell originated in Russia and was popular in the U.S. decades ago, but has hit a resurgence in the last few years with a flurry of classes, videos and books. The reason? Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness – endurance, strength, balance, agility and cardio endurance. People love it because it's challenging, efficient and you only need one piece of equipment. Some movements have you changing the weight from hand to hand as the weight swings up or as you move laterally, requiring you to stabilize the body and engage the core in a whole new way.

## Aqua Fit

Water Aerobics is a fun and enjoyable class that helps increase aerobic endurance and improve blood pressure and resting heart rate.

## Trainers Choice

A mixed work out, decided by your Trainer on the day, to help you come out of your comfort zone.

## Body Blast

This work is a combo of both cardio & conditioning so getting two methods of exercise in one workout! It will torch fat in this fun and challenging class which combines using your own bodyweight and cardio to shape your entire body. Aerobic, floor work and resistance exercises using kettle bells, free weights, swiss balls, resistance bands and mat work makes up this full body workout, working all the major muscle groups.