



OUTDOOR CLASSES 12 APRIL-17 MAY

MONDAY

07:30 BEACH BLAST LAUREN 30MIN
 08:15 BEACH YOGA BEX 60MIN
 09:45 PLATE FIT** STEVEO 30MIN
 11:00 BODY BALANCE BEX 60MIN
 12:00 KETTLEBELLS LAUREN 45MIN
 17:15 SPIN TEGAN 45MIN
 18:30 BODY PUMP RHEA 45MIN
 18:30 RUNNING CLUB TEGAN 45MIN

TUESDAY

07:00 BOOTCAMP KELLY 45MIN
 09:30 BODY PUMP KELLY 45MIN
 10:45 SPIN** STEVEO 45MIN
 17:15 SPIN LA STEVE 45MIN
 18:30 SPIN LA STEVE 45MIN

WEDNESDAY

09:00 BEACH YOGA BEX 45MIN
 09:00 SPIN TEGAN 45MIN
 10:30 WOW TEGAN 30MIN
 13:30 COASTCARDIO** STEVEO 30MIN
 17:15 SPIN RHEA 45MIN
 17:30 RUN THE POINT LAUREN 45MIN
 18:30 BODY PUMP RHEA 45MIN

THURSDAY

08:00 BEACH BLAST TEGAN 30MIN
 09:30 SPIN LA STEVE 45MIN
 10:30 SPIN LA STEVE 45MIN
 12:00 BODYBALANCE TEGAN 60MIN
 17:30 WOW LAUREN 30MIN
 18:15 BODY PUMP KELLY 45MIN

FRIDAY

07:00 BOOTCAMP RHEA 45MIN
 10:15 SPIN** STEVEO 45MIN
 11:30 BODY PUMP RHEA 45MIN

SATURDAY

07:00 SLIDSEAT ROWING EMMA 60MIN
 09:30 SPIN LA STEVE 45MIN
 10:30 SPIN LA STEVE 45MIN

SUNDAY

09:00 BODY PUMP LUKE 60MIN
 17:00 SPIN LA STEVE 45MIN
 18:00 SPIN LA STEVE 45MIN

** Starting from Tuesday 20th April

CLASS DESCRIPTIONS

GYLLY BEACH

Meet at the lifeguard hut



BEACH BLAST

JOIN US ON GYLLY FOR A HIGH INTENSITY FULL BODY WORKOUT!



BEACH YOGA

DEVELOP YOUR MOBILITY & STRENGTH & PROGRESS THROUGH DIFFERENT MOVEMENTS TO FIND YOUR INNER ZEN



SLIDE SEAT ROWING

A TRULY UNIQUE ONE-TO-ONE SESSION TO TRY OUT THE SPORT OF SLIDE SEAT ROWING. AFTER A RUN THROUGH ON DRY LAND OUR EXTERNAL INSTRUCTOR AND CAPTAIN AT CARRICK ROWING CLUB WILL TAKE YOU ON TO THE SEA AT GYLLY IN A PURPOSE BUILT SCULLING BOAT SO THAT YOU CAN LEARN THE SPORT. FOR ABSOLUTE BEGINNERS, BUT THOSE OPEN TO THOSE WHO KNOW THE SPORT OR WANT TO EXPLORE THE BAY!

OUTDOOR GYM

Meet at the outdoor gym



PLATE FIT

LOW-INTENSITY STRENGTH BASED TRAINING, USING BODY-WEIGHT AND PLATES TO HELP STRENGTHEN AND TONE THE WHOLE BODY



BOOTCAMP

A FULL BODY, 45 MINUTE HIGH INTENSITY WORKOUT!



WOW

WORKOUT OF THE WEEK! STRENGTH, FITNESS, HIGH ENERGY.



KETTLEBELLS

FULL BODY WORKOUT USING KETTLEBELLS!



LES MILLS BODY PUMP

THE ORIGINAL BARBELL WORKOUT. USING A RANGE OF WEIGHTS WITH LOTS OF REPS, BODY PUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS LOTS OF CALORIES.

SPA LAWN

Meet outside Health Club reception



LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY

BEACHFRONT

Meet outside Health Club reception



COAST N CARDIO

FUN, HIGH ENERGY FITNESS- BY THE COAST!



RUN THE POINT

BECAUSE RUNNING A 5K IS ALWAYS BETTER WITH FRIENDS, RIGHT?!



RUNNING CLUB

FUN, HIGH ENERGY FITNESS- BY THE COAST!

