

THE SPENCER HEALTH CLUB

May 2019 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Spin – 45m	7.15am	Push & Lift /Stretch - 60m
12.15pm	Push & Lift – 45m	12.15pm	Combat / Stretch - 45m
5.45pm	Salsa – 70 m	1.15pm	Spin – 30m
7pm	Spin – 45m	6pm	Box-fit – 45m
		7pm	Pilates – 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.15am	Super spin – 60m	7.15am	Tabata/Core – 60m
12.15pm	Push & Lift – 45m	12.15pm	Rip60/K-Bell-45m
1.15pm	Box-fit – 30m	1.15pm	Spin – 30m
6pm	Combat - 45m	6pm	Push & Lift - 45m
7pm	B.L.T – 45m	7pm	Yogalates – 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.15am	K-Bell camp – 45m		
12.15pm	Push & Lift - 45m	12.15pm	Tabata/Core – 45m
1.15pm	Arms & Shoulders - 30m		
6pm	Spin – 45m		

The Spencer Health Club, Excise Walk, IFSC, Dublin 1. Phone: 01-4338877

CLASS DESCRIPTIONS

B.L.T

The class is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels

BODY BLAST

Taking training back to how it used to be. Use your bodyweight as resistance to shape and sculpt all over. All levels catered for with both static and plyometric movements. You will feel the lactic acid burn as well as raise your heart rate

BOX-FIT

Box-fit is a high-intensity exercise class that combines resistance training with aerobic exercise. This class is non-contact; the emphasis is on knocking your body into shape, not knocking anyone out. You will be taught core boxing techniques to punch your body to the next level while strengthening your core and pushing your cardiac output to its maximal limit.

COMBAT

Cardio Combat is a high energy, challenging cardio based workout where we combine athletic movements like running, jumps and lunges and combat movements such as kicking and punching and also core work to improve your stamina, agility, CV fitness and bring out the fighter in you!

COMBAT / STRETCH

Combat class followed by 15 minutes affective stretching

PILATES

Pilates uses a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

PUSH & LIFT

Push and Lift will sculpt, tone and strengthen you entire body! Push and Lift is one of the fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. So with your choice of weight and highly-trained instructors you can get the group effect and the results you've been looking for!

PUSH & LIFT / STRETCH

Push & Lift class followed by 15 minutes effective stretching

RIP60/K-BELL

Rip60/K-Bell is a fantastic full body, high calorie burn workout. Using push and pull movements on the straps and with the bells builds a stronger, leaner you.

SALSA

The fun way to incorporate dance, fabulous music and calorie burn! You don't have to be an extra in dirty dancing, just willing to let yourself go and feel the rhythm

SPIN

A motivating calorie burning class! The ultimate indoor cycling experience, spin has an equal amount of sprints and uphill climbs but its all systems go with quick bursts and short recoveries. This triggers a much higher metabolic response and allows for your body to burn extra calories after the class and throughout the day.

TABATA

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. Each exercise lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follow s:

- Workout hard for 20 seconds /Rest for 10 seconds/Complete 8 rounds

You can do pretty much any exercise you wish. You can do squats, push-ups, burpees or any other exercise that works your large muscle groups.

YOGALATES

Yogalates combines Yoga and Pilates in one workout! Despite the hybrid name, Yogalates “is not gimmicky - it’s built on very tried, true and proven forms of exercise. In his class our instructors will bring you through some of the basic elements of Yoga and Pilates while at the same time helping to work on lacking movement patterns and mobility of the body through different stretches and movements.