

THE SPENCER HEALTH CLUB

September 2019 Class Timetable

| <u>MONDAY</u> | | <u>TUESDAY</u> | |
|---------------|----------------------|----------------|---------------------|
| 7.30am | Spin – 45m | 7.15am | RIP 60 & Core - 60m |
| 12.15pm | Push & Lift – 45m | 12.15pm | Tabata & Core - 45m |
| 6pm | Tabata & Core – 45 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 | RIP 60 – 45m | 12.15pm | Bags & Bells-45m |
| 1.15pm | Box-fit – 30m | 1.15pm | Spin – 30m |
| 6pm | Combat - 45m | 6pm | Push & Lift - 45m |
| 7pm | Bags & Bells – 45m | 7pm | Yogalates – 45m |

| <u>FRIDAY</u> | | <u>SATURDAY</u> | |
|---------------|------------------------|-----------------|---------------------|
| 7.15am | K-Bell Camp – 45m | | |
| 12.15pm | Bodyblast - 45m | 12.30pm | Tabata & Core – 45m |
| 1.15pm | Arms & Shoulders - 30m | | |
| 6pm | Spin – 45m | | |

| <u>SUNDAY</u> | |
|---------------|------------------------|
| | |
| 12.30pm | Circuit Training – 45m |
| | |

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CLASS DESCRIPTIONS

ARMS & SHOULDERS

In this class you will have fun toning and tightening up your arms like you never have before! This 30 minutes class will be focusing on specific exercises to tone arms, shoulders and upper back.

BAGS & BELLS

A great mixture of Bulgarian bag and kettlebells to burn fat and sculpt a firm body. This high intensity, low impact workout is great for all levels as you can increase the workload as you get fitter and stronger.

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.

CIRCUIT TRAINING

Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

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!

K-BELL CAMP

Kettlebell training is a quick, effective full-body workout that gives you super-fast body-shaping results. Kettlebells are a cast-iron weight, shaped like a ball with a handle on top for easy grip. They vary in weights so you can pick the kettlebell that's best for you.

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 your 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!

RIP60 & Core

Rip60/Core is a fantastic full body, high calorie burn workout. Using push and pull movements on the straps as well as safe and effective core exercises done both on and off straps.

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 & CORE

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 follows:

- 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.