

# THE SPENCER HEALTH CLUB

## March 2020 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Spin – 45m	7.15am	Push & Lift - 60m
12.15pm	Push & Lift – 45m	12.15pm	Tabata & Core - 45m
		1.15pm	Spin – 30m
6pm	Tabata & Core – 45 m	6pm	Box-fit – 45m
7pm	Spin – 45m	7.15pm	Pilates & Mobility - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.15am	Super Spin – 60m	7.15am	Tabata & Core – 60m
12.15pm	RIP 60 – 45m	12.15pm	Push and Lift - 45m
1.15pm	Box-fit – 30m	1.15pm	Spin – 30m
6pm	Cardio Frenzy - 45m	6pm	Max Out & Lwr Body Stretch - 45m
7pm	Bags & Bells – 45m	7pm	Yogalates – 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.15am	K-Bell Camp – 45m		
12.15pm	Max Out & Lwr Body Stretch- 45m	12.30pm	Tabata & Core – 45m
1.15pm	Arms & Shoulders - 30m	<u>SUNDAY</u>	
6pm	Push & Lift – 45m	12.30pm	Circuit Training – 45m

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

Facebook: [The Spencer Health Club](#) Instagram: [thespencerhealthclub](#)

Email: [info@thespencerhealthclub.com](mailto:info@thespencerhealthclub.com) web: [www.thespencerhealthclub.com](http://www.thespencerhealthclub.com)

## 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.

### 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.

### CARDIO FRENZY

Cardio Frenzy is a high energy, challenging cardio based workout where we combine athletic movements like squats, jumps, lunges, crawls, burpees and ski movements and we also add in combat movements such as kicks and punches and core work to improve your stamina, agility, CV fitness and bring out the beast mode 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.

### MAX OUT & LOWER BODY STRETCH

Max Out is a 30-minute high-intensity training workout that improves cardiovascular fitness, increases speed and maximises calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

### PILATES/MOBILITY

Pilates and mobility uses a system of exercises designed to improve physical strength, flexibility, mobility 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 it's 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.