

OUR GROUP FITNESS HAS IT ALL AND FOR EVERY LEVEL WHETHER YOU WANT AQUA AEROBICS, STRENGTH, HIGH INTENSITY, LOW IMPACT OR DANCE WE'VE GOT THE MOVES THAT WILL ENERGISE AND TONE YOU.



Get ready to party yourself into shape! This exhilarating easy to follow Latin inspired calorie burning dance fitness party will move you! If you are looking for fun and an effective danced based workout Zumba® is for you.



Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Just add water and Shake!

### AM Mobility

AM Mobility is for everyone. AM Mobility involves targeting specific joints in your body to improve your joint range of motion, and muscular flexibility. Your lack of joint mobility may be holding you back and may be a contributing factor to experiencing a host of aches and pains. Our fitness professionals will take you through some simple and effective mobilisation exercises that you can work on at home, the office or integrate into your gym routine.



Get into the pool for this wicked water workout!. After a warm up in the water you'll ease into the exercise using your own body weight and water.

### Heart Rate Zone Spin



HRZ Spin is designed to make your heart strong and build your fitness faster. Maintain your ideal heart rate zone through guidelines from your instructor with Oximeters provided for each participant. No free wheeling in this class! Pedal with purpose to the beat. You will feel & see results in express time as fast as this class goes!



### STOTT Pilates

Focuses on optimising musculoskeletal performance - strength, flexibility and endurance - without risking injury or building bulk. With a focus on core stability, including pelvic and shoulder girdle stabilisation, neutral alignment and breathing, the STOTT PILATES method of exercise also helps restore the natural curves of the spine, relieve tension and promotes a more balanced and aligned body.

### Strong Nation

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Challenge to the Max!



### Lunchtime Express Classes

Boost your lunch hour with these 30 minute efficient and effective classes. Ab Attack and B.L.T are primarily mat based classes, utilising your body weight and mini bands to tone and shape the abdominals, thighs and posterior chain (bums, hamstrings and erector spinae). Suitable for everyone.



### HIIT Squad

The HIIT Squad brings you the most fun you'll have while sweating! High Intensity Interval Training combining Bodyweight & Light equipment. Our AM Squad classes are fast, furious and fun. Twice per week - take your fitness to the next level.



Spinning is a dynamic, energetic, and highly enjoyable class. Lively music gets your heart pumping, and keeps you motivated to just keep riding hard. Go on, put your foot down!

zerogravity | Manor West Hotel  
Tralee, Co. Kerry



# zerogravity

SPORTS PERFORMANCE  
& FITNESS STUDIO



t. 0667194512 e. leisure@manorwesthotel.ie



# GROUP FITNESS CLASSES

TIME	CLASS
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## Monday

6:50am - 7:35am  
9:30am - 10:00am

HIIT Squad - **NEW CLASS!**  
AM Mobility

## Tuesday

9:00am - 9:30am  
1:15pm - 1:45pm  
6:45pm - 7:30pm

AM Mobility - **Members Free**  
B.L.T. - **Members Free**  
Body HIIT

## Wednesday

1:15pm - 1:45pm

Ab Attack

## Thursday

6:50am - 7:35am

HIIT Squad - **NEW CLASS!**

## Friday

9:30am - 10:00am

AM Mobility - **Members Free**

# PRICES & PROCEDURE

Members	Non Members
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€35 x 6 classes

€55 x 6 classes

€70 x 12 = Double

€95 x 12 = Double Group Class

Group Class

€10 x 45 mins PAYG class

€7 x 45 mins PAYG class

€7 x 30 mins class

FREE 30 mins class

- All Classes are limited numbers & require booking in advance.
- Charged classes must be prepaid before entry is authorised.
- Covid compliance is essential.



\*Prices may vary

# AQUA AEROBICS/MOBILITY

TIME	CLASS
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## Monday

11:30am - 12:15pm  
6:45pm - 7:30pm

Aerobics PAYG/Course option  
Aerobics PAYG/Course option

## Tuesday

11:30am - 12:00pm

Aqua Mobility (Members Only) - **Members Free**

## Wednesday

11:30am - 12:00pm

Aqua Mobility (Members Only) - **Members Free**

## Friday

11:30am - 12:15pm  
6:00pm - 6:30pm

Aqua Zumba PAYG/Course option  
Aqua Aerobics - **Members Free**

# ZUMBA

TIME	CLASS
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## Wednesday

10:15am - 11:00am

Zumba Fitness

## Friday

11:30am - 12:15pm  
6:45pm - 7:30pm

Aqua Zumba  
Strong Nation Zumba

# YOGA

Prices please enquire with External Instructor [ebbflowyogaireland@gmail.com](mailto:ebbflowyogaireland@gmail.com)

TIME	CLASS
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## Monday

7:00pm - 8:00pm  
8:30pm - 9:30pm

Yin Yang Yoga Level 1  
Aerial Yoga Level 1

## Tuesday

10:00am - 11:00am

Yogalates

All enquiries of availability & prices for Yoga Classes please contact external instructor directly for details :

[ebbflowyogaireland@gmail.com](mailto:ebbflowyogaireland@gmail.com)

# SPINNING

TIME	CLASS
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## Monday

5:45pm - 6:30pm

Post work Spin

## Wednesday

8:00pm - 8:45pm

Midweek Spin

## Thursday

7:30pm - 8:15pm

Heart Rate Zone Spin

# STOTT PILATES \*Pilates Course ONLY

TIME	CLASS
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## Tuesday

7:50pm - 8:50pm

Mixed Level 1 & 2

## Wednesday

6:40pm - 7:40pm

Level 1 Pilates

## Thursday

10:00am - 11:00am  
5:45pm - 6:45pm

Introduction Level Pilates  
Introduction Level Pilates

## Saturday

11:00am - 12:00pm

Pilates Mixed Level 1 & 2



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