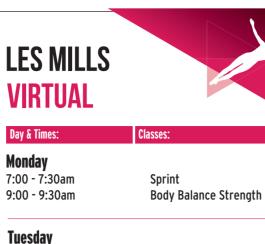
lay & Times	Classes:
londay	
:30pm - 8:00pm	Body Pump
uesday	
7:00am - 7:30am	Grit Cardio
7:30pm - 8:00pm	Grit Cardio
Vednesday	
0:00 - 10:30am	Beginners Body Pump
5:45-7:15pm	Body Attack
:30-8:00pm	Body Pump
hursday	
:00-7:30am	Grit Strength
:30-8:00pm	Grit Strength
riday	
7:00-7:30am	Body Pump
0:00-10:30am	Beginners Body Pump
AQUA AERO	JRIC2
Day & Times:	Classes:
uesday	
2:00-12:45pm	Aqua Aerobics
hursday	



9:00 - 9:30am Body Balance Flexibility Wednesday 9:00 - 9:30am Body Balance Strength

Thursday 9:00 - 9:30am

Friday 9:00 - 9:30am

**Body Balance Strength** 

**Body Balance Flexibility** 

### Saturdav & Sundav

8:30 - 9:00am 9:00 - 9:30am 9:30 - 10:00am 11:00 -11:30am 11:30 - 12:00pm 12:30 - 1:00pm

RPM Body Balance Flexibility Bodv Attack RPM Body Balance Flexibility Body Attack

CLASSES Day & Times:	Classes:
luesday	
6:00pm - 6:45pm	Spinning
Wednesday	
7:00am - 7:45am	Wake up Spin
Thursday	
6:30pm - 7:15pm	Spinning
STOTT PILA	TES
	TES Classes:
Day & Times: Monday	Classes:
Day & Times: <b>Monday</b> 10:00 - 10:45am	Classes: Mixed Props Pilates
Day & Times: Monday 10:00 - 10:45am	Classes:
STOTT PILA Day & Times: Monday 10:00 - 10:45am 6:30 - 7:15pm Tuesday	Classes: Mixed Props Pilates Intermediate

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Thursday 10:00 - 10:45am

**Beginner Pilates** 

# esmills

GRIT STRENGTH GRIT CARDIO

Friday 12:00-12:45pm

LES MILLS GRIT™ is the next generation of High-Intensity Interval Training (HIIT). Combining hard-hitting soundtracks and the latest scientifically-tested moves that will push your body and mind to their absolute limits. Develop anaerobic stamina, increase cardiovascular fitness and build strength

Aqua Props



LES MILLS BODYATTACK® is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging, and jumping with body weight strength exercises. You will leave feeling stronger so you can attack every day with confidence.





Ideal for anyone and everyone, LES MILLS BODYBALANCE™ is a new generation yoga workout that will improve your mind, your body, and your life. Whether you're experienced with yoga, just starting out, or looking for something to complement your other workouts, BODYBALANCE will leave you feeling rejuvenated, calm, centered and focused.



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. periods

RPM™is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session\*\*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

# LesMills BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories\*\*. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own! You will leave the class feeling challenged and motivated, ready to come back for more.

## STOTT PILATES merrithewcorpor

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 alsohelpsrestore the naturalcurves of the spine, relieve tension and promotes a more balanced and aligned body.

# f) 🖸 zerogravity

#### SPORTS PERFORMANCE &FITNESS STUDIO

Manor West Hote, Tralee, Co. Kerry Tel: 0667194500 ext2. | Email: leisure@manorwesthotel.ie



S SPINNING



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

Aqua Aerobics

It is a low impact class suitable for people of all ages and fitness levels. The exercises can range from flexibility to high intensity exercises getting a full body workout in the process.

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

**PRICES:** 

€10 Member PAYG €12 Non-Member PAYG

€70 Non-Members 6 Week Course €90 Double Members 6 Week Course €55 Members 6 Week Course €120 Double non-Members 6 Week Course

VIRTUAL PRICES

Free to Members €8 Non-Members