

# LES MILLS LIVE

Day & Times	Classes:
<b>Monday</b> 7:30pm - 8:00pm	Body Pump
<b>Tuesday</b> 7:00am - 7:30am 7:30pm - 8:00pm	Grit Cardio Grit Cardio
<b>Wednesday</b> 10:00 - 10:30am 6:45-7:15pm 7:30-8:00pm	Beginners Body Pump Body Attack Body Pump
<b>Thursday</b> 7:00-7:30am 7:30-8:00pm	Grit Strength Grit Strength
<b>Friday</b> 7:00-7:30am 10:00-10:30am	Body Pump Beginners Body Pump

# AQUA AEROBICS

Day & Times:	Classes:
<b>Tuesday</b> 12:00-12:45pm	Aqua Aerobics
<b>Thursday</b> 6:15-7:00pm	Aqua Aerobics
<b>Friday</b> 12:00-12:45pm	Aqua Props

# LES MILLS VIRTUAL

Day & Times:	Classes:
<b>Monday</b> 7:00 - 7:30am 9:00 - 9:30am	Sprint Body Balance Strength
<b>Tuesday</b> 9:00 - 9:30am	Body Balance Flexibility
<b>Wednesday</b> 9:00 - 9:30am	Body Balance Strength
<b>Thursday</b> 9:00 - 9:30am	Body Balance Flexibility
<b>Friday</b> 9:00 - 9:30am	Body Balance Strength
<b>Saturday &amp; Sunday</b> 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 Body Attack RPM Body Balance Flexibility Body Attack

# SPINNING CLASSES

Day & Times:	Classes:
<b>Tuesday</b> 6:00pm - 6:45pm	Spinning
<b>Wednesday</b> 7:00am - 7:45am	Wake up Spin
<b>Thursday</b> 6:30pm - 7:15pm	Spinning

# STOTT PILATES

Day & Times:	Classes:
<b>Monday</b> 10:00 - 10:45am 6:30 - 7:15pm	Mixed Props Pilates Intermediate Endurance Pilates
<b>Tuesday</b> 10:00 - 10:45am	Intermediate Endurance Pilates
<b>Thursday</b> 10:00 - 10:45am	Beginner Pilates

# zerogravity

SPORTS PERFORMANCE & FITNESS STUDIO

Manor West Hote, Tralee, Co. Kerry

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# LES MILLS

LES MILLS GRIT | STRENGTH GRIT | CARDIO

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



## LES MILLS BODYATTACK

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.

## LES MILLS VIRTUAL

## LES MILLS BODYBALANCE

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

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

## LES MILLS RPM

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.

## LES MILLS 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

merrithew CORPORATION

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.

## SPINNING

MANOR WEST HOTEL  
★★★★

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!

## 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  
€55 Members 6 Week Course

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

## VIRTUAL PRICES

Free to Members  
€8 Non-Members