

Fitness Class Timetable Jan 6th to Feb 14th, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
6.30-7.15	Strength & Conditioning 6.30-7.15am	R.R.C Run, Row, Cycle 6.30-7am	Strength & Conditioning 6.30-7.15 am	R.R.C Run, Row, Cycle 6.30-7am	Strength & Conditioning 6.30-7.15am	
5-6	Body Pump 5.20-6pm		Body Pump 5.20-6pm		Body Pump 5.20-6pm	
6-7	SPIN ATTACK 6.45-7.30pm		SPIN ATTACK 6.45-7.30pm			
7-8		CIRCUITS 7.45 – 8.30pm		CIRCUITS 7.45-8.30pm	Fitness Talks 7 -8 pm	
8-9	YOGA With Maria Carey					

POOL TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM						9:30am – 12:30pm Kids Swimming Lessons*	
10AM	Mum & Toddlers* Kate 085-7089134	Riverlodge Aqua Aerobic Free to Members			Riverlodge Aqua Aerobic Free to Members		
3:30PM	3:30pm – 6:30pm Kids Swimming Lessons*		3:30pm – 6:30pm Kids Swimming Lessons*				4pm Mum & Toddlers* Kate 085-7089134
4PM						4.15pm – 5pm Junior Rescue 1	
	6.15pm – 7pm Junior Rescue 1		6.15pm – 7pm Junior Rescue 1	8PM Riverlodge Aqua Aerobic Pay as you go		Sea World Lahinch Swim Class 8-9pm	

!!!GO GREEN!!! TAKE A SNAP OF OUR TIMEBALE. SAVE THE PAPER !!!GO GREEN!!!

CLASS TIMETABLE INFORMATION

- *Fees Apply for Classes. Contact Instructors for Details
- Some classes are block book so contact instructor for more information.
-  **Find us on Facebook** for upcoming events, class timetable & offers; <http://www.facebook.com/RiverLodgeFitness>
- Contact us by phone **(065) 684 4122** or by email at riverlodge@auburnlodge.com
- Kids Swimming Lessons run in blocks (**Term:** 6th January – 14th February). 6 weeks
- Contact Riverlodge to find out more 065-6844122
- Mum & Toddlers Swim Class – Contact Kate 085-7089134

CLASS DESCRIPTION

Aqua Aerobics: Aerobic fitness improving the fitness of your heart and lungs combined with resistance exercises. This will help increase muscle mass and fitness while decreased pressure on your joints. This is a great form of exercise, if recovering from injury or if you suffer from joint problems.

Body Pump: Combination of Kettlebells, light weights and body weight circuits .

Spin Attack: Spin in indoor cycling on stationary bikes. It is a high calorie burner. It challenges your aerobic, anaerobic and muscular fitness and endurance.

Run, Row, Cycle: Lively 30 minute conditioning class to kick-start your morning working on your Aerobic & Anaerobic levels of fitness on the treadmill, rower and bike

Yoga: works on core strength, posture & flexibility...

Pay as you go class PAYMENTS;

45-60 minute; Members €8, Non-Members €8

Find out more information please contact Reception or the Instructor teaching class