

# January Class Time Table 2018

Starts 2nd Jan 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30	T n A*	Body Tone	Spin/ Gym Fit	Aerobic Kick Boxing N Core	Spin N Tone*	
10.15	Yogalates 10:30AM	Spin	Core Galore	Stretch	Golden Zone 10:30 AM	Boot camp* 10 AM
11.00		Aqua		Aqua		Aqua

6.00	Core Galore	Begin 2 spin				
6.30	Body Tone*	Spin	Workout Plus*	Bar N Bell	Spin N Tone*	
7.30	MOB-CON	B.L.T	Aerobics	Stretch		
8.15	Aqua	Yogalates	Aqua			

\* 1 Hour

Please Note Yogalates on Monday Mornings & Golden Zone Friday starts at 10.30AM

Min of 3 people per gym class and 5 per pool classes

If interested in Swim Lessons, please enquire at the reception desk

Saturday Bootcamp starts @ 10AM

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## Class Descriptions January 2018

### Yogalates

This class brings the mind and body together with a combination of yoga and Pilates based moves. It is an ideal class to help you unwind, increase flexibility and strength all in one. Not suitable for pregnant ladies.

### B.L.T

This is a Bum Leg and Tums Workout based class, Using many different aerobic moves to tone, strengthen And even build your fitness levels.

### Bootcamp

Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body

### Stretch

Stretch is designed to prevent soreness after exercising and a great way to reduce the risk of injury and gain some flexibility. It also helps gain better core strength, balance and posture.

### Spin N Tone

A great class that combines an aerobic workout with strength and conditioning exercises You can enjoy a Spin for 30 minutes, strength and conditioning 30 minutes.

### Body Tone

For a leaner stronger you! This class is designed with complete body toning in mind. This class is packed with new and old exercises to help keep you truly motivated.

### Golden Zone

This is a class for the older adult in mind; this class helps with strength, flexibility, fitness levels and over all range of movement.

### MOB-CON

A mixture of active joint mobs & Stretching to improve ROM with a variety of strength and conditioning exercises, overall improving fundamental movements techniques and enhancing aerobic/anaerobic capacity.

### Aerobic Kick Boxing

With a combination of boxing and martial arts movements, this intense total body workout is quick and sure to make you sweat.

### Bar N Bell

This involves a combination of exercises with Barbell and Kettlebells, this class is great for toning, strengthening and building muscular endurance.

### Aqua Aerobics

This aerobics class in the pool uses the buoyancy of the water to provides a virtually impact-free cardiovascular workout

### Gym Fit

This class is based in the gym, using all equipment available to give you an invigorating workout and help get you familiar with the gym

### Aerobics

Aerobic workouts can improve cardiopulmonary endurance with fun rhythmic moves done at moderate intensity and duration.

### Workout Plus

When high intensity cardiovascular exercises are thrown in with an anaerobic mix using some strength and conditioning equipment and movements, which takes you exercise plan to the next level,

**This is Workout Plus!**