

Class Timetable

Summer 2023



the Watershed
SPORT AND LEISURE FOR ALL

Monday

7am (30)	Spin
9:15am (30)	Aqua Fit
11am (30)	Age Friendly Spin
1:15pm (30)	Les Mills Body Pump
5pm (30)	Box Fit
5:45pm (30)	Spin
6:30pm (30)	Kettlebells

Tuesday

7am (30)	Total Body Tone
9:30am (45)	Boot Camp Burn! <small>SOME THING NEW</small>
11am (45)	Total Body Tone (Beginners)
1:15pm (30)	Spin
5:30pm (45)	Les Mills Body Pump
6:30pm (30)	Spin
7:15pm (30)	Circuits

Wednesday

7am (30)	Spin
9:30am (45)	Meet & Train
11am (45)	Total Body Tone
1:15pm (30)	Spin
5:30pm (45)	Les Mills Body Pump
6:30pm (30)	Spin
7:15pm (30)	Kettlebells

Thursday

7am (30)	Spin
10am (45)	Total Body Tone
11am (30)	Ab Attack
1:15pm (30)	Spin
5pm (30)	Les Mills Body Pump
5:45pm (30)	Total Body Tone
6:30pm (30)	Spin

Friday

7am (30)	Spin
9:30am (45)	Meet & Train
11am (30)	Age Friendly Spin
1:15pm (30)	Kettlebells
5pm (30)	Spin
5:45pm (30)	Ab Attack
6:30pm (30)	Total Body Tone

Saturday

9:30am (30)	Spin
10:15am (30)	Total Body Tone
1pm (30)	Spin PAYG

Sunday

10:30am (30)	Spin
11:15am (30)	Circuits
1pm (30)	Les Mills Body Pump PAYG

the Watershed
SPORT AND LEISURE FOR ALL

Timetables are subject to change at short notice

All Members and Customers must both check in at Reception and sign the Class Register for all classes attended

PAYG denotes Pay As You Go i.e.

all patrons will pay standard rate to attend these classes

NB

- * Classes cannot be refunded, credited or transferred - please take care before you book
- * Non attendance at classes booked or cancellations within four hours of the class start time will invoke our 'Strike' Policy
- * All customers including Members must check in at Reception or swipe in before taking part in class and also sign the register

Les Mills Virtual Workouts

Ask our Gym Team if you want to try a virtual workout!

Live Class Descriptions

Body Attack (Les Mills)	A full body workout with athletic movements such as running, lunging and jumping with strength exercises
Body Pump (Les Mills)	Full body barbell workout - high repetitions of squats, presses, lifts and curls with light to moderate weights
Core Strength (Les Mills)	This workout exercises muscles around the core to tighten and tone the abs, glutes, back and obliques
GRIT Athletic (Les Mills)	Thirty minute High Intensity Interval Training Plyometric based workout
GRIT Cardio (Les Mills)	Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness
GRIT Strength (Les Mills)	Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle
RPM/Sprint (Les Mills)	RPM and Sprint are low impact Spin Cycling Classes where you control the intensity
Ab Attack	A programme of exercises concentrated on the core muscles for strength and stability
Aerobics	High intensity cardiovascular workout performed to good music! Go at your own pace
Aqua Aerobics	Low impact exercise to music in the shallow end of the main pool, using the water for resistance
Boot Camp Burn!	6 Week Summer Boot camp suitable for all fitness levels, including bodyweight and cardio exercises
Box Fit	A thirty minute boxing style cardio and core strength workout designed for all fitness levels
Circuit Training	A series of strength and cardiovascular exercises performed in rotation where you control the intensity
Ab Attack	A programme of exercises concentrated on the core muscles for strength and stability
Meet and Train	Track based exercise for adults of all ages and levels of fitness, parents are welcome to bring children
Spin	Low impact high intensity indoor cycling class which improves cardio endurance and fitness
Total Body Tone	A series of body weight exercises of varying intensity, targeting all the main muscle groups

Class Prices

Watershed Fitness Classes	Pay As You Go (Non-Member)	Pool Only Members	Gym Only Members	Universal Members
45 - 60 Minute Class	€8	€8	Free*	All Classes Free*
30 Minute Class	€6	€6	Free*	
Aquafit Class	€6	Free*	€6	

* Unless Class is marked PAYG, which means all patrons attending the Class will pay the standard Pay As You Go rate

Special Priced Classes	Age Friendly	Meet & Train	6 Week Boot Camp
	€4 per class	€3 per session	€6 per session



Have a query?
Contact us at
www.thewatershed.ie
or on Social Media!



Additional Classes at The Watershed delivered by Freelance (non-Watershed) Instructors:

Please note that any queries in relation to external classes and bookings i.e. Yoga, Soccer, Basketball, Pilates, KCH, Water Safety, Swim Club, Taekwondo, Martial Arts, Gymnastics etc should be directed to the Coaches/Instructors who deliver same. The Watershed are only responsible for the classes listed on the this document, thank you.