

"BE YOUR BEST SELF, NOT FOR THEM - FOR YOU!"

Class Timetable

September to December 2019



ASK ABOUT OUR 'GRAB 'N GO' PROTEIN SNACKS PROMOTION

Monday

6:15	Les Mills CX Worx	30	V
7:00	Les Mills RPM (Spinning)	45	L
8:00	Les Mills Body Balance	30	V
9:15	Les Mills CX Worx	30	V
11:00	Older Adults Spin	30	L
1:15	Les Mills Body Pump	30	L
2:00	Les Mills Body Balance	30	V
2:15	Older Adults Aqua	30	L
3:30	Les Mills Sh'Bam	30	V
4:30	Les Mills Body Pump	45	V
5:30	Spinning	30	L
6:00	Les Mills Body Pump	45	L

Tuesday

6:15	Les Mills CX Worx	V	30
7:00	Spinning	L	45
8:00	Les Mills CX Worx	V	30
8:30	Les Mills Body Balance	V	30
9:30	Les Mills Body Pump	V	45
10:30	Older Adults Pilates	L	30
11:30	Spinning	L	45
1:15	Spinning	L	30
4:30	Les Mills Body Pump	V	45
5:30	Spinning	L	30
6:10	Kettlebells	L	45
7:00	Les Mills Body Pump	L	45
7:15	Aqua Fit	L	45

Wednesday

6:00	Les Mills RPM (Spinning)	V	30
7:00	Les Mills Body Pump	L	45
8:00	Les Mills CX Worx	V	30
10:00	Meet & Train	L	45
1:15	H.I.I.T.	L	30
2:00	Les Mills RPM (Spinning)	V	50
4:30	Teen Spin	L	30
5:30	Les Mills RPM (Spinning)	L	30
7:10	Kettlebells	L	45
9:10	Les Mills CX Worx	V	30

Thursday

6:00	Les Mills Body Pump	V	30
7:00	Spinning	L	45
8:00	Les Mills Body Balance	V	30
9:00	Les Mills RPM (Spinning)	V	30
9:30	H.I.I.T.	L	45
11:30	Spinning	L	30
1:15	Spinning	L	30
4:30	Les Mills Body Pump	V	45
5:30	Spinning	L	30
6:00	Les Mills Body Pump	L	45
7:00	Pilates	L	45
9:15	Les Mills RPM (Spinning)	V	30

Friday

6:15	Les Mills CX Worx	V	30
7:00	Les Mills RPM (Spinning)	L	45
8:00	Les Mills CX Worx	V	30
9:15	Les Mills Body Pump	L	30
9:30	Meet & Train	L	45
11:00	Older Adults Spin	L	30
12:00	Les Mills RPM (Spinning)	V	30
1:15	Les Mills Body Pump	L	30
2:15	Les Mills Body Balance	V	30
3:15	Les Mills Sh'Bam	V	30
4:00	Les Mills CX Worx	V	30
4:30	Teen Spin	L	30
5:30	Les Mills Body Pump	V	45
6:30	Spinning	L	30
8:00	Men On The Move*	L	45

* From 27th Sept

Saturday

8:00	Les Mills Body Balance	V	30
9:30	Les Mills Body Pump	L	45
11:00	Spinning	L	30
12:15	Les Mills CX Worx	V	30
1:00	Les Mills Body Balance	V	30
2:00	Les Mills RPM (Spinning)	V	50
3:00	Les Mills CX Worx	V	30
4:00	Les Mills Body Pump	V	45
5:20	Les Mills Body Balance	V	30

Sunday

10:00	Les Mills Body Pump	V	45
11:00	Spinning	L	30
12:00	Les Mills RPM (Spinning)	V	30
1:00	Les Mills Body Balance	V	30
2:00	Les Mills Sh'Bam	V	30
3:15	Les Mills Body Pump	V	45
4:30	Les Mills Body Balance	V	60
5:30	Les Mills CX Worx	V	30

- ◆ Both members and non-members, whether booking online, via App or at Reception must check in at Reception and sign in with the Instructor in the Studio
- ◆ This Timetable is subject to change, with or without notice, in times of staff training/illness/annual leave
- ◆ All newcomers must complete a PAR-Q (physical activity readiness questionnaire) and all customers must inform us if their health/fitness status changes before attending Class
- ◆ L (Live) - Instructor present
- ◆ V (Virtual) - Big screen workout

Aqua Fit:	Low impact exercise to music in our swimming pool. Helps increase muscle strength and joint flexibility, aids recovery from injury and increases confidence in the water.
Boot Camp	Programme of high, medium & low impact exercises in a circuit class format.
H.I.I.T:	Interval training at a high intensity using a mixture of body weight, light weights and studio barbells. Increases metabolic conditioning (calorie burn) and builds muscle tone.
Kettlebells:	High intensity workout with Kettlebell weights. Builds strength and muscle tone.
Meet & Train (Men & Women)/ Men On The Move (Men Only):	Designed for adults who may be new to exercise or those who would like to get back to a more active lifestyle after a period of inactivity. Individuals who want to incorporate running into their fitness programme are welcome to take part in this class. (Pushchairs/prams are allowed on the track for parents with babies).
Pilates	Low impact muscle stretching & strengthening exercises, designed to develop core strength, release tight muscles & improve fitness
Spinning:	Including Active Retirement Spin, Beginner's Spin and Teen Spin. Spinning is a low impact high intensity indoor cycling class which improves cardio endurance and fitness.

Les Mills Workouts

LM Body Balance:	A motivating blend of yoga with tai chi and pilates to build flexibility, strengthen the entire body and reduce stress. Breathing control is part of all exercises which helps to focus the mind and create a lasting sense of wellbeing and calm. Focus on: flexibility and strength
LM Body Pump:	Full body barbell workout based on the 'rep effect', which is performing high repetitions of exercises like squats, presses, lifts and curls with light to moderate weights to get the body lean, toned and fit and improve core strength and bone health. Focus on: strength.
LM CX Worx:	This workout exercises muscles around the core to tighten and tone the abs, glutes, back and obliques, improving functional strength and assisting in injury prevention. Focus on: core strength
LM RPM	RPM is a fun low impact Spin Class where you control the intensity. It is developed from the sport of cycle racing and is designed to improve aerobic and cardio fitness and burn calories and fat.
LM Sh'Bam:	The ultimate dance workout - no dance experience necessary! A fun, energetic way to burn calories, beat stress and shape up. Focus on: cardio.

Class Prices

Watershed Fitness Classes	Pay As You Go	Universal Members	Gym Only Members	Pool Only Members
45 / 60 Minute Class	€7	Free	Free	€7
Xpress 30 Minute Class	€5	Free	Free	€5
Aqua Fit Classes	€7	Free	€7	Free
Teen Classes	€2.50	Free	Free	€2.50
Older Adults Classes*	€3	Free	Free	€3
Meet & Train/Men On The Move	€2	Free	Free	€2
Fitness Class Card	Ten Pay As You Go Classes €60			

*Older Adults Classes

These classes are specifically for older adults and the retired members of our community.

Have a query?
Contact us via
www.thewatershed.ie
Or on Social Media!



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

Please visit <https://www.thewatershed.ie/gym-overview/freelance-class-timetable/> All queries in relation to these classes i.e. Yoga, TaeKwon-Do, Martial Arts, Gymnastics, Dance classes etc should be directed to the Freelance Instructors whose contact details are detailed on this page on our website.

