

# fitness class timetable

MONDAY	6:15am (30) CXWORX	6:45am (45) SPINNING	8am (30) BODY BALANCE	9:15am (30) CXWORX	9:15am (45) AQUAFIT	11:00am (30) OLDER ADULTS SPIN	1:15pm (30) H.I.I.T	
	2pm (30) BODY BALANCE	3:30pm (30) SH'BAM	4:30pm (30) TABATA Teens/Adults	5:30pm (30) SPINNING	6:15pm (30) BODY PUMP			
TUESDAY	6:15am (30) CXWORX	7am (45) SPINNING	8am (30) CXWORX	8:30am (30) BODY BALANCE	9:30am (45) BODY PUMP	10:30am (30) OLDER ADULTS AERO	11:30am (45) SPINNING	1:15pm (30) SPINNING
	4:30pm (30) TEEN SPIN	4:30pm (45) BODY PUMP	5:30pm (30) SPINNING	6:10pm (45) BODY PUMP	7:15pm (45) AQUAFIT			
WEDNESDAY	6am (30) RPM	7am (45) BODY PUMP	8am (30) CXWORX	10am (45) MEET & TRAIN	1:15pm (30) H.I.I.T.			
	2pm (50) RPM	4:45pm (45) COUCH TO 5k Teens	5:45pm (45) COUCH TO 5K Adults	5:30pm (30) SPIN	7:10pm (45) KETTLEBELLS	9:10pm (30) SH'BAM		
THURSDAY	6am (30) BODY PUMP	7am (45) SPINNING	8am (30) BODY BALANCE	9am (30) RPM	9:30am (30) H.I.I.T.	11:30am (30) SPINNING	1:15pm (30) SPINNING	
	4:30pm (30) TABATA Teens/Adults	5:30pm (30) SPINNING	6:10pm (45) BODY PUMP	7pm (45) BODY BALANCE	8pm (45) SPINNING	9:10pm (30) RPM		
FRIDAY	6:15am (30) CXWORX	6:45am (45) SPINNING	8am (30) CXWORX	9:15am (30) BODY PUMP	9:30am (45) MEET & TRAIN	11am (30) OLDER ADULTS SPIN	12pm (30) RPM	1:15pm (30) BODY PUMP
	2:15pm (30) BODY BALANCE	3:15pm (30) SH'BAM	4pm (30) CXWORX	4:30pm (30) TABATA Teens/Adults	5:30pm (30) SPINNING	6:15pm (45) BODY PUMP		
SATURDAY	8:00am (30) BODY BALANCE	9:30am (45) BODY PUMP	11am (30) SPINNING	12:15pm (30) CXWORX	1pm (30) BODY BALANCE			
	2pm (50) RPM	3pm (30) CXWORX	4pm (45) BODY PUMP	5:20pm (30) BODY BALANCE				
SUNDAY	10am (45) BODY PUMP	11am (30) SPINNING	12pm (30) RPM	1pm (30) BODY BALANCE				
	2pm (30) SH'BAM	3:15pm (45) BODY PUMP	4:30pm (60) BODY BALANCE	5:30pm (30) CXWORX				

24th February to 5th March

'LIVE' CLASSES

'VIRTUAL' CLASSES

Timetable is subject to change at short notice, notification of such changes are issued via our social media pages &/or mobile app

<b>Aqua Fit</b>	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.
<b>Couch to 5K</b>	Expertly coached by our resident athletic therapist, starting each individual with very achievable sessions of walking and jogging for short periods of time. It then gradually increases over the weeks and culminates with being able to run 5km non stop for some and with very short walking breaks for others.
<b>H.I.I.T</b>	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.
<b>Kettlebells</b>	High intensity workout with Kettlebell weights. Builds strength and muscle tone.
<b>Meet &amp; Train (Men &amp; Women)</b>	Walking/running programme 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. (Pushchairs/prams are allowed on the track for parents with babies).
<b>Men On The Move (Men Only)</b>	Light track based exercise for men in a relaxed and social atmosphere with the aim of encouraging a more active lifestyle. No level of fitness or experience of exercise required.
<b>Spinning</b>	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.
<b>Tabata (Adults &amp; Teens)</b>	A series of four minute high intensity workouts using your own body weight (4 minutes - 8 rounds of 20 seconds exercise + 10 seconds rest). Increases metabolic conditioning and builds muscle tone.

## Les Mills Workouts

<b>LM Body Balance:</b>	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
<b>LM Body Pump:</b>	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.
<b>LM CX Worx:</b>	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
<b>LM RPM</b>	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.
<b>LM Sh'Barn:</b>	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 (Non-Member)	Pool Only Members	Gym Only Members	Universal Members
45 - 60 Minute Class	€7	€7	Free	All Classes Free
30 Minute Class	€5	€5	Free	
Aqua Fit Classes	€7	Free	€7	

  

Special Priced Classes	Teen Classes	Older Adults Classes	Meet & Train	Men On The Move
	€2.50	€3	€2	€2

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

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  
<https://www.thewatershed.ie/gym-overview/freelance-class-timetable/>

**Have a query?**  
Contact us at [www.thewatershed.ie](http://www.thewatershed.ie)  
or on Social Media!

