



MONDAY

7:30am (30)
Spin

8:15am (45) V
Body Pump

10:30am (45)
Pilates

11:30am (30)
Age Friendly Spin

12:00pm (30) V
Body Balance

1:15pm (30)
Spin

3:00pm (45) V
SH'BAM Dance

4:15pm (45)
H.I.I.T.

5:15pm (30)
Spin

6:15pm (30)
Body Pump

7:15pm (30)
Spin

8:00pm (30) V
CXWORX Core

TUESDAY

7:30am (30)
Body Pump

8:15am (45) V
Body Balance

10:30am (45)
Spin

11:30am (45)
H.I.I.T.

12:00pm (30) V
CXWORX Core

1:15pm (30)
RPM Spin

3:00pm (45) V
SH'BAM Dance

4:15pm (45)
Boot Camp

5:15pm (45)
Kettlebells

6:00pm (45)
Pilates

7:00pm (45)
Spin

8:00pm (60) V
Body Pump

WEDNESDAY

7:30am (45)
RPM Spin

8:15am (45) V
Body Pump

10:30am (45)
Meet and Train

11:30am (45)
Spin

12:00pm (30) V
Body Balance

1:15pm (30)
H.I.I.T.

3:00pm (45) V
Body Balance

4:15pm (45)
Boot Camp

5:15pm (45)
Spin

6:15pm (45)
Body Pump

7:15pm (30)
Spin

8:00pm (30) V
CXWORX Core

THURSDAY

7:30am (30)
Spin

8:15am (60) V
Body Pump

10:30am (45)
Spin

11:30am (45)
H.I.I.T.

12:00pm (30) V
Body Balance

1:15pm (30)
Body Pump

3:00pm (30) V
CXWORX Core

4:15pm (30)
Teen Spin

5:15pm (45)
Kettlebells

6:00pm (45)
Pilates

7:00pm (45)
Spin

8:00pm (60) V
Body Pump

FRIDAY

7:30am (30)
Spin

8:15am (60) V
Body Pump

11:30am (30)
Age Friendly Spin

12:00pm (30) V
CXWORX Core

1:15pm (30)
RPM Spin

3:00pm (45) V
Body Balance

4:15pm (45)
H.I.I.T.

5:15pm (30)
Spin

6:30pm (45) V
Body Pump

SATURDAY

10:30am (30)
Spin

11:30am (45)
Body Pump

1:00pm (45) V
Body Balance

3:00pm (30) V
CXWORX Core

4:30pm (60) V
Body Pump

SUNDAY

10:30am (30)
Spin

12:00pm (30) V
Body Balance

3:00pm (30) V
CXWORX Core

4:30pm (60) V
Body Pump

3rd August 2020

- ◆ Classes cannot be refunded, credited or transferred
- ◆ All participants must complete a Self Declaration/Contact Tracing Form
- ◆ There is no access to showers or changing facilities
- ◆ Timetable is subject to change at short notice
- ◆ 'V' indicates that this class is lead by a Virtual Instructor

**Fitness
Class
Timetable**

We apologise that due to high demand and limited space - class bookings cannot be refunded, credited or transferred

Body Balance (Les Mills)	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
Body Pump (Les Mills)	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.
Boot Camp	Boot Camp comprises of a mixture of cardio, strength, speed and agility based exercises with a core finisher
CX Worx Core (Les Mills)	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
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	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).
Pilates	This workout includes a series of low impact exercises, designed to stretch and strengthen the muscles which will improve muscle tone and joint flexibility, for all fitness levels
RPM Spin (Les Mills)	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.
Sh'Bam Dance (Les Mills)	The ultimate dance workout - no dance experience necessary! A fun, energetic way to burn calories, beat stress and shape up. Focus on: cardio.
Spin	Including Active Retirement Spin and Teen Spin. Spinning is a low impact high intensity indoor cycling class which improves cardio endurance and fitness.

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	

Special Priced Classes	Teen Classes	Older Adults Classes	Meet & Train
	€2.50	€3	€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
or on Social Media



Why not save time? Book & pay via App or Online! Talk to us about setting up an online account