



Timetable is subject to change at short notice
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Outdoor Fitness Class Timetable



Monday

7am (30)
Spin

9:30am (45)
Beginners Total Body Tone

11:am (45)
Pilates

1:15pm (30)
Spin

2:15pm (30)
Circuit Training

4:30pm (30)
H.I.I.T.

5:30pm (30)
Spin

6:30pm (45)
Kettlebells

Tuesday

7am (30)
Body Pump

9:30am (45)
H.I.I.T.

11:am (30)
Active Retired Spin

1:15pm (30)
Body Pump

2:15pm (30)
Boot Camp

4:30pm (30)
Teen Spin

5:30pm (30)
Spin

6:30pm (45)
Pilates

Wednesday

7am (30)
Spin

9:30am (45)
Meet & Train

11:am (45)
Spin

1:15pm (30)
Spin

2:15pm (30)
Circuit Training

4:30pm (30)
Teen Body Pump

5:30pm (30)
Body Pump

6:30pm (45)
Spin

Thursday

7am (30)
Body Pump

9:30am (45)
H.I.I.T.

11:am (30)
Active Retired Spin

1:15pm (30)
Kettlebells

2:15pm (30)
Boot Camp

4:30pm (30)
Circuit Training

5:30pm (30)
Pilates

6:30pm (45)
Spin

Welcome back everyone!

We have classes for Teens, Adults, the Active Retired and Beginner classes for easing back to exercise. Summer is here, let's get moving!

Friday

7am (30)
Spin

9:30am (45)
Meet & Train

11:am (45)
Beginners Total Body Tone

1:15pm (30)
Spin

- ◆ Classes cannot be refunded, credited or transferred - please take care before you book
- ◆ All participants must comply with our Check-In procedures
- ◆ Classes will take place in the Canopy Area Outdoors, maximum 14 participants, in adherence with government restrictions



7th June 2021

Class Descriptions The Watershed, Kilkenny

Body Pump	Including Teen Body Pump. Full body barbell workout 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.
Boot Camp	A highly energetic cardio and strength training workout with sprints and intervals included
Circuit Training	Programme of high, medium & low impact exercises performed at medium to high intensity in a circuit/ rotation
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
Pilates	Low impact muscle stretching & strengthening exercises, designed to develop core strength, release tight muscles & improve fitness
Spin	Including Active Retirement Spin and Teen Spin. Spinning is a low impact high intensity indoor cycling class which improves cardio endurance and fitness
Total Body Tone (Beginners)	Mix of aerobic and resistance exercises, designed to Increase stamina and improves overall fitness of someone who might be new or returning to exercise, suitable for all ages

Class Prices

NB: Classes cannot be refunded, credited or transferred - please take care before you book

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	Age Friendly Classes	Meet & Train
	€2.50	€3	€2

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

Subscribe to Notifications on our App to receive Class Alerts and instant updates

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

