

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

7:30pm (30)
Tabata



Tuesday

7am (30)
Total Body Tone

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

7:30pm (30)
Dance Fit



Friday

7am (30)
Spin

9:30am (45)
Meet & Train

11:am (45)
Beginners Total Body Tone

1:15pm (30)
Spin

5:30pm (30)
Spinning

6:30pm (45)
Body Pump



Saturday

10am (30)
Spin

11am (30)
Total Body Tone



Wednesday

7am (30)
Spin

9:30am (45)
Meet & Train

11:am (45)
Total Body Tone

1:15pm (30)
Spin

2:15pm (30)
Circuit Training

4:30pm (30)
Teen Spin

5:30pm (45)
Body Pump

6:30pm (30)
Spin

7:30pm (30)
Kettlebells



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

7:30pm (30)
Total Body Tone



Sunday

11am (30)
Spin

12pm (45)
H.I.I.T.



- ◆ 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 in adherence to government restrictions
- ◆ Timetable is subject to change at short notice

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
Dance Fit	A fun, easy-to-follow cardio conditioning workout that burns calories and improves overall fitness levels.
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	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

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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	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!

