






Check out our new Les Mills Class 'Shapes' and new Step Aerobics and Age Friendly Core & Stretch Classes

Introducing **LES MILLS Shapes**

Fitness Class Timetable

Timetable is subject to temporary changes at short or without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am (30) SPIN	7am (30) TOTAL TONE	7am (30) SPIN	7am (30) BODY PUMP	7am (30) SPIN	9:30am (30) SPIN
9:15am (45) AQUA FIT		9:30am (45) MEET & TRAIN	10am (45) SHAPES	9:30am (45) MEET & TRAIN	10:15am (30) BODY PUMP/TOTAL TONE
11am (30) AGE FRIENDLY SPIN	11:15am (45) SHAPES	11am (30) TOTAL TONE	11am (30) THE TRIP 	11am (30) AGE FRIENDLY CORE & STRETCH	12:45pm (30) CORE & STRETCH
1:15pm (30) BODY PUMP	1:15pm (30) SPIN	1pm (45) SHAPES	1:15pm (30) SPIN	1:15pm (30) KETTLEBELLS	2:15pm (45) V BODY BALANCE
5pm (30) BOX FIT	5:30pm (30) STEP AEROBICS	5:15pm (45) COUCH TO 5K	5pm (30) SPIN	5pm (45) CIRCUITS	3:15pm (30) V BODY PUMP
5:45pm (45) SPIN	6:15pm (45) BODY PUMP	6:15pm (45) BODY PUMP	5:45pm (45) NUTRITION/SHAPES	6pm (30) SPIN	5pm (30) V RPM
6:45pm (30) TOTAL TONE	7:15pm (30) SPIN	7:15pm (30) SPIN	7pm (30) TOTAL TONE	6:45pm (30) CORE & STRETCH	sunday
7:45am (30) V GRIT CARDIO	7:45am (45) V BODY PUMP	8am (45) V BODY ATTACK	7:45am (30) V BODY ATTACK	7:45am (30) V BODY BALANCE	10:30am (45) SHAPES
8:45am (45) V BODY BALANCE	8:45am (30) V CORE	9am (30) V BODY PUMP	8:30am (45) V BODY COMBAT	8:30am (45) V BODY PUMP	11:30am (30) SPIN
12pm (45) V BODY ATTACK	2pm (30) V BODY BALANCE	2pm (30) V SPRINT	2pm (30) V RPM	2pm (30) V GRIT CARDIO	12:15pm (30) BODY PUMP
2:30pm (30) V GRIT STRENGTH	3:30pm (45) V BODY ATTACK	3pm (30) V GRIT STRENGTH	3pm (30) V GRIT CARDIO	3pm (30) V SPRINT	2pm (45) V BODY ATTACK
4pm (30) V CORE		4:15PM (45) V BODY COMBAT	4pm (45) V BODY BALANCE	4pm (45) V BODY COMBAT	3:15pm (30) V SPRINT
			9:15pm (30) V SH'BAM		5pm (30) V CORE

All classes may be attended by Non-Members but please note a No Refund Policy applies to all bookings

Aqua Aerobics	Low impact exercise to music in the shallow end of the main pool, using the water for resistance
Body Attack (Les Mills)	A full body workout with athletic movements such as running, lunging and jumping with strength exercises
Body Balance (Les Mills)	A yoga-based class combining strength, flexibility and mindfulness for improving overall health & wellness
Body Combat (Les Mills)	A high-energy mixed martial arts themed cardio workout that is totally non-contact
Body Pump (Les Mills)	Full body barbell workout - high repetitions of squats, presses, lifts and curls with light to moderate weights
Box Fit	A thirty minute boxing style cardio and core strength workout designed for all fitness levels
Circuits	A series of strength and cardiovascular exercises performed in rotation at various intensities
Core (Les Mills)	Series of exercises targeting muscles around the core to tighten & tone the abs, glutes, back and obliques
Core and Stretch	Series of exercises to tighten & tone the abs, glutes, back & obliques, followed by a series of deep stretches
Couch to 5K	A running club for beginners and elite runners
GRIT Cardio (Les Mills)	Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness
GRIT Strength (Les Mills)	Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle
Kettlebells	High intensity workout with Kettlebell weights to build strength and improve muscle tone
Meet and Train	Track based exercise for adults of all ages and levels of fitness, parents are welcome to bring children
RPM (Les Mills)	A high intensity spin cycling workout
Sprint /The Trip (Les Mills)	The Trip and Sprint are low impact Spin Cycling Classes where you control the intensity
Shapes	A low impact but intense Pilates inspired strength based workout targeting the full body
SH'BAM (Les Mills)	A fun dance style workout combining cardio, muscle conditioning, balance and flexibility
Spin	Low impact high intensity indoor cycling class which improves cardio endurance and fitness
Step Aerobics	
Total Tone	A series of body weight exercises of varying intensity, targeting all the main muscle groups

Class Prices

NB: Classes cannot be refunded - Strike Policy in operation for all non-attendances*

Watershed Live & Virtual Fitness Classes	Pay As You Go (Non-Member)	Pool Only Members	Gym Only Members	Universal Members
45 - 60 Minute Class	€8	€8	Free	All Classes Free
30 Minute Class	€6	€6	Free	
AquaFit Class	€6	Free	€6	

Special Priced Classes	Meet & Train	Age Friendly	Nutrition Seminars
	€3	€4	€8

*** STRIKE POLICY:** the cut-off for changing or cancelling any booking is 4 hours. Any booking changes, cancellations less than four hours before the start time of the class or non-attendance, will lead to a Strike being applied to the customer/member's account. After 2 strikes are received in a 30-Day period, the customer/member will receive a 7-Day class booking ban. All customers including members with free classes, must do two things to avoid getting a strike:

1. swiPE in with fob at Reception or check in with Receptionist on duty and
2. sign-in with the Instructor in the Fitness Studio

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

All queries in relation to outside classes and group bookings i.e. Soccer, Yoga, KCH, Taekwondo, Martial Arts, Gymnastics, Water Safety, Kilkenny Swim Club, etc should be directed to the Freelance Instructors/Club Managers who conduct same. The Watershed do not take bookings or enquiries for these classes or activities.

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

