

SUN	MON	TUE	WED	THU	FRI	SAT
N/A	09.0 - 10.45 HAPPY SWIMMERS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A	11.00 - 11.45 AQUA AEROBICS	N/A
13.45 - 17.00 HAPPY SWIMMERS	11.00 - 11.45 AQUA AEROBICS	16.00 - 1730 CHILDREN'S SWIMMING LESSONS	16.00 - 18.15 CHILDREN'S SWIMMING LESSONS	16.00 - 1730 CHILDREN'S SWIMMING LESSONS	N/A	N/A
N/A	19.00 - 19.45 AQUA AEROBICS	N/A	N/A	N/A	N/A	N/A
N/A	20.00 - 20.30 <b>30</b> <b>SPINNING</b> TOUR DE CYCLE	20.00 - 20.30 BOXERCISE	20.00 - 20.30 <b>30</b> <b>SPINNING</b> TOUR DE CYCLE	N/A	N/A	N/A

# **FITNESS CLASSES**

#### **HAPPY SWIMMERS:**

Use an aquatic environment which is so natural for the baby in order to develop and learn new skills. Who can be a better teacher for your baby than you? You will be directly involved as we guide you and show you how to teach your baby to swim.

Contact Caroline on 0894139590 to book your place or visit info@happyswimmers.ie

#### BOXERCISE

Boxercise is a high energy fitness class inspired by boxing training. It offers a whole body workout that targets strength, stamina and coordination.

#### 30 SPINNING®

30 Spinning<sup>®</sup> is challenging, fun & one of the best ways to improve cardiovascular fitness whilst burning up to 500Kcal. This class is accompanied by the instructors unique playlist of powerful & energising music.

#### **AQUA AEROBICS**

Low impact exercise which gives full body toning and is gentle on the joint.

Please Note: Aqua Aerobics at Hodson Bay is Strictly a Members Only Class.

ALL CLASSES MUST BE BOOKED FOR IN ADVANCE

### **GYM & POOL OPENING HOURS**

Monday to Friday Sat/Sun/Bank Holidays Children Welcome 07.00 - 21.45 08.15 - 20.30 10.00 - 19.00

#### STATE OF THE ART GYMNASIUM

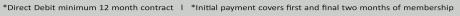
PERSONALISED FITNESS PROGRAMMES TAILORED TO YOUR SPECIFIC GOAL

> FULL ENTERTAINMENT SYSTEM WHILE YOU WORK OUT

20M DECK POOL, 3 FEATURE POOLS AND JET MASSAGERS

SAUNA, STEAM ROOM AND FITNESS STUDIO

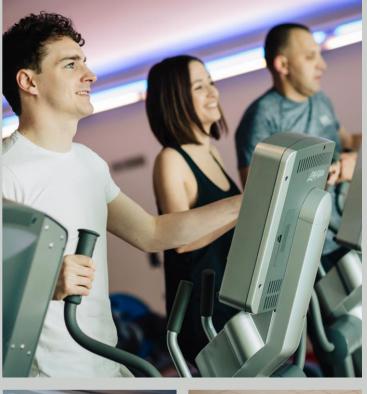
FREE FITNESS ASSESSMENT AND FULL RANGE OF FITNESS CLASSES



Above rates are for 2024. Gym Classes are €6 per class for non-members.

Please book in advance to avoid disappointment. Hodson Bay Leisure Centre Members will be given priority









## MEMBERSHIP

	CATEGORY 6 MONTH		ANNUAL	DIRECT DEBIT	DIRECT DEBIT MONTHLY FOLLOW ON
	INDIVIDUAL	€425	€695	€210	€70
	FAMILY UP TO 2 ADULTS & 3 KIDS	€845	€1395	€435	€145
	COUPLE	€700	€1150	€345	€115
	STUDENT	€400	€585	€175.50	€58.50
ADDITIONAL YOUTH		€130	€195	€60	€20
	OVER 55's	€400	€585	€175.50	€58.50
COUPLE OVER 55's		€600	€950	€292.50	€97.50