



# HODSON BAY HOTEL

SUN	MON	TUE	WED	THU	FRI	SAT
N/A	09.0 - 10.45 <b>HAPPY SWIMMERS</b>	N/A	11.00 - 11.45 <b>AQUA AEROBICS</b>	N/A	11.00 - 11.45 <b>AQUA AEROBICS</b>	N/A
13.45 - 17.00 <b>HAPPY SWIMMERS</b>	11.00 - 11.45 <b>AQUA AEROBICS</b>	16.00 - 17.30 <b>CHILDREN'S SWIMMING LESSONS</b>	16.00 - 18.15 <b>CHILDREN'S SWIMMING LESSONS</b>	16.00 - 17.30 <b>CHILDREN'S SWIMMING LESSONS</b>	N/A	N/A
N/A	19.00 - 19.45 <b>AQUA AEROBICS</b>	N/A	N/A	N/A	N/A	N/A
N/A	20.00 - 20.30 <b>30 SPINNING</b> <i>TOUR DE CYCLE</i>	20.00 - 20.30 <b>BOXERCISE</b>	20.00 - 20.30 <b>30 SPINNING</b> <i>TOUR DE CYCLE</i>	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](mailto: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® 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	07.00 - 21.45
Sat/Sun/Bank Holidays	08.15 - 20.30
Children Welcome	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**



## MEMBERSHIP

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

\*Direct Debit minimum 12 month contract | \*Initial payment covers first and final two months of membership

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