



# HODSON BAY HOTEL

SUN	MON	TUE	WED	THU	FRI	SAT
N/A	09.30 - 10.30 <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 - 16.00 <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>H.I.I.T</b>	20.00 - 20.30 <b>30 SPINNING</b> <i>TOUR DE CYCLE</i>	20.15 - 20.50 <b>YOGALATES</b>	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)

### H.I.I.T

Get ready to push your limits in this high-energy class designed to boost your fitness in a short amount of time! HIIT alternates between short bursts of intense exercise and brief recovery periods. Whether you're a seasoned athlete or just starting out, this class offers a challenging workout that can be modified to suit all fitness levels. Expect to burn calories, build strength, and improve your cardiovascular endurance in this fast-paced, full-body workout.

### 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.*

### YOGALATES

Combination of Yoga & Pilates which, is designed to focus on Core Muscles using Dynamic & Static Stretches.

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

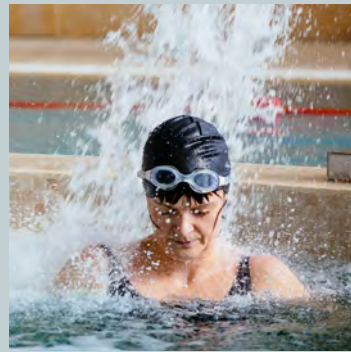
**PERSONALISED FITNESS PROGRAMMES  
 TAILORED TO YOUR SPECIFIC GOAL**

**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>
INDIVIDUAL	€425	€695	€210	€70
FAMILY <small>UP TO 2 ADULTS &amp; 3 KIDS</small>	€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

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

Above rates are for 2025. **Classes are strictly members only.**

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