

FITNESS CLASS DESCRIPTION

Turbo Train	This class done on a turbo trainer using your own road bike. Turbo Train offers mixed interval training and drills designed to keep up your road fitness during the winter months. If you have a heart rate monitor bring this too. Class will start at 6pm so be there at 5.45pm to get set up.
Pilates	A series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles with a focus on body core. This class also incorporates athletic training moves to provide a workout that will improve strength, balance and flexibility.
Train Insane (INSANITY)	This class will be based on the principles of MAX Interval Training, a revolutionary cardio-based total-body conditioning programme. By using MAX Interval Training, INSANITY pushes you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.
R.I.P.P.E.D	The One Stop Body Shock where you will find yourself immediately locked into this high intensity workout. It combines easy, yet effective cardio routines interlaced with weights and resistance work. Its a combination that drives up your endurance and gets you moving. R - Resistance, I - Intervals, P - Power, P - Plyometrics, E - Endurance and D - Diet. No boredom here, for all levels R.I.P.P.E.D. is effective, its tough yet its doable; R.I.P.P.E.D. will absolutely challenge your levels of fitness and endurance!
HIIT	High intensity interval training (HIIT) is a great way to bump up your cardio and strength workouts to add intensity and variety to your workouts. HIIT It's a type of interval training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. The idea is to work in the upper percentage of your target heart rate zone, around a 9 on this Perceived Exertion Scale, meaning you go all out, as hard as you can during the work intervals.
Pump	The original barbell workout! Utilizes the barbell system and a step to train all muscle groups in a strength workout. This is a high tempo weights class which will get you burning and give you a new challenge while melting fat and shaping the entire body. Designed to make men look athletic and women toned.
Tread n' Shed	This badass cardio class will put you on the treadmill to melt away calories. You use sprints and hills with varying speeds to raise your fitness levels and burn fat.
20:20:20	This class offers three segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody that likes variety, then you will love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit. It could be a combination of any of the following: R.I.P.P.E.D., Insane Train, Spin, BLT, Step Aerobics, Aerobics, Tae-Bo, Power Pump, Circuits or Core. We will use our imagination
Spin & Gym	This 1 hr workout combines moderate to high intensity section on the bike followed by a functional strength training. A great combination of cardio and strength in one class!
Aqua Aerobics	Have a splash and tone up at the same time. Aqua Aerobics is a great way to shape up whilst supporting your joints and muscles. Classes involve performing similar movements to land aerobics, but rather than standing in a studio getting hot and sticky you work out in shallow, chest-deep water. The great news is that while it is a cardiovascular exercise, it is also a form of resistance training. So not only is it a fun way to shape up, but the water supports 90% of your body weight as to do it, making it gentle and painless. Aqua Aerobics is for everyone, all ages and all fitness levels. As the water improves strength and mobility, it is highly recommended to help with arthritis and obesity, as well as being an ideal way to ease back into exercise after an injury.
Swim Session	This class is not for a beginner, it is for someone who can swim reasonably well but wants to improve technique and increase pool fitness. This is not a swimming lesson.

LEISURE CLUB OPENING HOURS

	<u>Opening</u>	<u>Facilities Close</u>	<u>Changing Room Close</u>
Mon - Thur	07:00	22:00	22:15
Friday	07:00	22:00	22:15
Saturday	08:00	21:30	21:45
Sunday	09:00	20:30	21:00

All facilities will close down 15 minutes prior to changing area closing time.

Gym & Studio may open earlier than stated time for fitness class purposes, members and guests may use gym during this time.

However due to insurance purposes you may not use the pool until stated opening time.

Thank you for your co-operation.



MOUNT ERRIGAL HOTEL
Letterkenny
Co.Donegal

FITNESS 2020

FROM 17TH FEBRUARY



MOUNT ERRIGAL HOTEL
Letterkenny
Co.Donegal

DAY	CLASS	TIME	LENGTH
Mon	Tread n'Shead (1)	06:00 - 06:30	30mins
	Tread n'Shead (2)	06:40 - 07:10	30mins
	H.I.T.T.	06:00 - 06:30	30mins
	Core	06:40 - 07:10	30mins
	Strength & Conditioning	07:15 - 07:45	30mins
	R.I.P.P.E.D	10:00 - 11:00	60mins
	Aqua Aerobics	13:00 - 13:45	45mins
	Pump	17:00 - 17:45	45mins
	Spin	18:00 - 18:45	45mins
Pilates (Mixed Class - All Levels)	19:00 - 20:00	60mins	
Tues	Tread n'Shead (1)	06:00 - 06:30	30mins
	Tread n'Shead (2)	06:30 - 07:00	30mins
	Spin & Circuit	07:00 - 07:50	50mins
	Train Insane	10:00 - 11:00	60mins
	R.I.P.P.E.D	18:00 - 18:50	50mins
	Pilates (Mixed Class - All Levels)	19:00 - 20:00	60mins
Wed	Tread n'Shead (1)	06:00 - 06:30	30mins
	Spin Express (1)	06:00 - 06:30	30mins
	Tread n'Shead (2)	06:35 - 07:05	30mins
	Spin Express (2)	06:35 - 07:05	30mins
	Express Pilates (foll. by an optional 15min developmental stretch)	07:20 - 08:00	40mins
	Spin	18:00 - 18:40	40mins
	Core	18:45 - 19:15	30mins
	Aqua Aerobics	19:20 - 20:00	40mins
	Coached Lane Swim (Beginners)	20:00 - 20:40	40mins
Thurs	Tread n'Shead (1)	06:00 - 06:30	30mins
	Tread n'Shead (2)	06:35 - 07:05	30mins
	Pump	07.10 - 08:00	50mins
	Pump	10:00 - 11:00	60mins
	Aqua Aerobics	13:00 - 13:45	45mins
	Spin Express	18:30 - 19:00	30mins
	Core	19:10 - 19:40	30mins
Frid	Tread n'Shead (1)	06:00 - 06:30	30mins
	Tread n'Shead (2)	06:40 - 07:10	30mins
	Body Weight Strength & Conditioning	06:40 - 07:10	30mins
	Express Pilates (foll. by an optional 15min developmental stretch)	07:20 - 08:00	40mins
	20:20:20	10:00 - 11:00	60mins
Sat	Tread n'Shead (Temporary)	07:30 - 08:00	30mins
	Tread n'Shead (1)	08:00 - 08:30	30mins
	Strength & Conditioning	08:40 - 09:10	30mins
	Tread n'Shead (2)	09:20 - 09:50	30mins
	Pump	10:00 - 10:50	50mins
	Pilates (Mixed Class - All Levels)	11:00 - 12:00	60mins
Sun	Pilates (Mixed Class - All Levels)	9:00 - 10:00	60mins
	Spin	10:15 - 11:00	45mins
	Strength & Conditioning	11:00 - 11:30	30mins

FITNESS APP REGISTRATION

All classes have a maximum capacity, to guarantee you space book now via our Fitness App. To register on the Fitness App you will need to download the 'GYM SYNC' app, register your details, find 'Mount Errigal Hotel Leisure Centre'. We will then accept your request which will leave you ready to book your classes. If you have any questions or experience any problems please ring (0749106783 and we will be happy to help you. **Classes will be available 7 days in advance and a new day will be released at midday each day.**

FITNESS CLASS BOOKING RULES

If you cannot attend a pre-booked class you must cancel in advance by a minimum of 12 hours. If you do not attend a class which has a waiting list you will automatically be blocked from using your app for 7 days and you will be deleted from any classes booked during that 7 day period.

If you are on a waiting list for a class and there is a cancellation everybody on the waiting list will receive a notification and the first to respond will get that place.

PLEASE NOTE

If usual instructor is unavailable to do scheduled class a similar alternative will be ran instead. If for any reason we have to cancel a class you will receive a notification via the Fitness App.