

## FITNESS CLASS DESCRIPTION

<b>Turbo Train</b>	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.
<b>Pilates</b>	A series of exercises based on the work of Joseph Pilates to strenghten and lengthen muscles with a focus on body core. This class also incorporates athletic training moves to provide a workout that will improve strenth, balance and flexibility.
<b>Train Insane (INSANITY)</b>	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.
<b>R.I.P.P.E.D</b>	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!
<b>HIIT</b>	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.
<b>Pump</b>	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.
<b>Tread n' Shed</b>	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.
<b>20:20:20</b>	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 spontaniety 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
<b>Spin &amp; Gym</b>	This 1 hr workout combines moderite to high intensity section on the bike followed by a functional strength training. A great combination of cardio and strength in one class!
<b>Aqua Aerobics</b>	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 performins similar movements to land aerobics, but ather 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.
<b>Swim Session</b>	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.

### 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.*