



## Druids Glen Health Club Class Schedule

MONDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	CycleFit & Core	Studio
11am – 11:45am	Aqua Aerobics	Pool
7pm – 7:45pm	Pump & Tone	Studio
8pm – 9pm	Yoga	Oscar Wilde

TUESDAY		
7am - 7:45am	CycleFit	Studio
10am – 11am	Yoga	Oscar Wilde
7pm – 7:45pm	CycleFit & Core	Studio

WEDNESDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9.15am – 10.00am	CycleFit & Core	Studio
11am – 11:45am	Aqua Aerobics	Pool
7pm – 7:45pm	Cyclefit	Studio

THURSDAY		
Time	Class	Venue
7am – 7:45am	CycleFit & Core	Studio
7pm – 7:45pm	BoxFit	Studio

FRIDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9.15am – 10am	CycleFit	Studio
11am – 11:45am	Aqua Aerobics	Pool
6.30pm – 7pm	Mobility & Core	Studio

Saturday		
Time	Class	Venue
11.15am – 12pm	Boxfit	Studio

Sunday		
Time	Class	Venue
11.15am – 12pm	CycleFit	Studio

### **Class Descriptions:**

**Aqua Aerobics:** Low impact resistance and strengthening class, aimed at improving strength, mobility and toning the body.

**Bootcamp:** An intense, high impact class incorporating elements of strength, cardio and core work.

**Boxfit:** Inspired by boxing training techniques & methods. Jab, Cross & Hook your way to fitness with this fun & innovative class.

**Boxfit & Circuits:** BoxFit class with Circuit Training to finish.

**Circuits:** Full body workout for all ages. Involves moving around different stations and exercising for time.

**CycleFit:** Indoor cycling for all levels. Excellent cardio workout.

**CycleFit & Core:** Intense CycleFit class with core work to finish.

**CycleFit & Circuits:** CycleFit class with Circuit Training to finish.

**Full Body Strength:** Class focusing on building strength and muscle mass.

**Mobility & Core:** Focuses on full body mobility and core.

**Pump & Tone:** A high repetition weights class that focuses on toning and sculpting the entire body.