

# STUDIO CLASSES

SEPTEMBER  
2019

MONDAY	TUESDAY	WEDNESDAY
07.15 - 08.00 <b>SPINNING</b> Michael	07.15 - 08.00 <b>SJG BOOTCAMP</b> Niall	07.15 - 08.00 <b>SJG TRX</b> Jamie
12.30 - 13.15 <b>PILATES</b> Paul	12.15 - 13.00 <b>HIIT</b> Shauna	12.30 - 13.15 <b>BOOTCAMP</b> Paul
17.30 - 19.30 <b>STRENGTH &amp; CONDITIONING</b> Jamie	17.30 - 18.15 <b>TRX / KETTLEBELLS</b> Michael	17.30 - 18.15 <b>AQUA</b> Alana
18.30 - 19.30 <b>BOXERCISE</b> Niall	18.30 - 19.30 <b>ZUMBA</b> Justyna	17.30 - 18.30 <b>PILATES</b> Liz
19.45 - 20.30 <b>HIIT</b> Niall		18.45 - 19.30 <b>SPINNING</b> Niall
		19.45 - 20.45 <b>YOGA</b> Bridget
THURSDAY	FRIDAY	SATURDAY
07.15 - 08.00 <b>SPINNING</b> Veronika	07.15 - 08.00 <b>STRENGTH &amp; CONDITIONING</b> Staff	10.00 - 10.45 <b>TRX / KETTLEBELLS</b> Staff
12.15 - 13.00 <b>STRENGTH &amp; CONDITIONING</b> Shauna	12.30 - 13.15 <b>CORE BLAST</b> Shauna	12.00 - 13.00 <b>AQUA</b> Alana
17.30 - 18.15 <b>STUDIO REP</b> Paul	18.30 - 19.30 <b>STRONG BY ZUMBA</b> Justyna	
18.30 - 19.30 <b>YOGA</b> Bridget	<p><b>REMEMBER!</b> Bring water and a towel along to your classes Call <b>01 6435709</b> to reserve your space today!</p>	

## Cancellation Policy

If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists.

Any member who cancels on the day of a booked class cannot be booked onto the following weeks class until the cancelled class has finished.

T: 01 6435709 E: [contact@sjgfitness.ie](mailto:contact@sjgfitness.ie)  
[sjgfitness.ie](http://sjgfitness.ie)   

— SAINT JAMES'S GATE —  
**HEALTH & FITNESS CLUB**  
 — WATLING STREET DUBLIN —



### **SJG TRX**

Learn to master your own bodyweight and tone up using multiple bodyweight movements and exercises that will not only develop your overall strength, core, balance, co-ordination and general flexibility but also torch body fat while raising your heart rate! Suitable for all levels of fitness.



### **BODY BLAST**

A mixture of high intensity bodyweight movements designed to accelerate your heart rate into fat burn mode while improving overall strength, mobility and movement... A must for all fitness enthusiasts!



### **CORE BLAST**

A bespoke class aimed at those who want to develop a deep core connection from the inside out while improving overall strength, stability, co-ordination and power.



### **SPINNING**

Forget riding a bike in the wind and rain! Get your lower-body, heart rate and sweat glands pumping in the safety and comfort of the indoors with these high-energy, invigorating calorie burning classes.



### **HIIT**

An acronym for high intensity interval training, HIIT is the perfect class for those who want to get fit fast. Participants must give maximum effort for short, intense periods followed by short rest intervals. The perfect class to ramp up your heart rate and sky-rocket your metabolism!



### **STUDIO REP**

Get lean, build strength and tone muscle with BODYPUMP, a full body weights workout for all your major muscle groups



### **AQUA AEROBICS**

If you want to add diversity to your workouts then Aqua Aerobics is a class you need to try. A fun alternative to "dry" classes, aqua aerobics incorporates resistance style training to music, in waist deep water making it suitable for both swimmers and non-swimmers.



### **BOOTCAMP**

These classes are designed to build strength and fitness through a variety of intense interval exercises over the course 45mins.



### **BOXERCISE**

If you fancy blowing off some steam with some energetic punching, ducking, skipping, blocking and core work then sign yourself up for Boxercise!



### **ZUMBA®**

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



### **STRONG BY ZUMBA™**

STRONG by Zumba™ is a high intensity interval training workout driven by the science of Synced Music Motivation. Unlike all other workouts, we don't just create moves to a playlist. Instead, we craft and reverse engineer the songs to match every move, driving the intensity in a challenging progression that provides a total body workout. The result is a group fitness experience unlike any other.



### **PILATES**

If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.



### **KETTLEBELLS**

help to build balance, power, muscle and more! A kettlebell is a cast-iron ball with a handle attached to the top of it. Kettlebell training is great for men and women of all shapes and sizes.



### **STRENGTH AND CONDITIONING**

Strength and Conditioning is the physical and physiological development of athletes for elite sport performance. ...They also help athletes with injury prevention and proper mechanics within their sports performances.



### **YOGA**

Yoga includes physical exercise, but it's also about life balance. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of the yoga lifestyle.

# **CLASS DESCRIPTIONS**