

STUDIO CLASSES

JAN - MAR
2023

MONDAY	TUESDAY	WEDNESDAY
07.15 - 08.00 SPINNING Staff	07.15 - 08.00 SJG BARBELL Jamie	07.15 - 08.00 STRENGTH & CONDITIONING Jamie
12.15 - 13.00 BOOTCAMP Staff	12.15 - 13.00 HIIT Shauna	12.15 - 13.00 BODY BLAST Staff
17.30 - 18.15 STRENGTH & CONDITIONING Jamie	17.30 - 18.15 SPINNING Staff	17.30 - 18.30 PILATES Liz
18.30 - 19.30 YOGA Niamh	18.30 - 19.30 ZUMBA Justyna	17.30 - 18.15 AQUA Alana
THURSDAY	FRIDAY	SATURDAY
07.15 - 08.00 HIIT Jamie	07.15 - 08.00 STRENGTH & CONDITIONING Staff	
12.15 - 13.00 SPINNING Alana	12.15 - 13.00 CIRCUITS Mitch	12.15 - 13.15 AQUA Alana
17.30 - 18.15 STRENGTH & CONDITIONING Staff	18.30 - 19.30 STRONG by Zumba	
18.30 - 19.30 YOGA Oliva		

CALL 01 643 5709

To reserve your space today!

REMEMBER!

Bring water and a towel along to your classes

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.

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

t: 01 643 5709

e: contact@sjgfitness.ie



sjgfitness.ie



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!



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!



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.



STUDIO REP

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



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