

**OUR GROUP FITNESS HAS IT ALL AND FOR EVERY LEVEL WHETHER YOU WANT AQUA AEROBICS, STRENGTH, HIGH INTENSITY, LOW IMPACT OR DANCE WE'VE GOT THE MOVES THAT WILL ENERGISE AND TONE YOU.**



Get ready to party yourself into shape! This exhilarating easy to follow Latin inspired calorie burning dance fitness party will move you! If you are looking for fun and effective danced based workout Zumba® is for you.



Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. Just add water and Shake!

#### **AM Mobility**

AM Mobility is for everyone. AM Mobility involves targeting specific joints in your body to improve your joint range of motion, and muscular flexibility. Your lack of joint mobility may be holding you back and may be a contributing factor to experiencing a host of aches and pains. Our fitness professionals will take you through some simple and effective mobilisation exercises that you can work on at home, the office or integrate into your gym routine.



Get into the pool for this wicked water workout! After a warm up in the water you'll ease into the exercise using your own body weight and water.



HRZ Spin is designed to make your heart strong and build your fitness faster. Maintain your ideal heart rate zone through guidelines from your instructor with Oximeters provided for each participant. No free wheeling in this class! Pedal with purpose to the beat. You will feel and see results in express time as fast as this class goes!

## **STOTT PILATES®**

merrithewCORPORATION

Focuses on optimising musculoskeletal performance - strength, flexibility and endurance - without risking injury or building bulk. With a focus on core stability, including pelvic and shoulder girdle stabilisation, neutral alignment and breathing, the STOTT PILATES method of exercise also helps restore the natural curves of the spine, relieve tension and promotes a more balanced and aligned body.

## **STRONG NATION™**

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Challenge to the Max!

### **Lunchtime Express Classes**

Boost your lunch hour with these 30 minute efficient and effective classes. Ab Attack and B.I.T are primarily mat based classes, utilising your body weight and mini bands to tone and shape the abdominals, thighs and posterior chain (bums, hamstrings and erector spinae). Suitable for everyone.



The HIIT Squad brings you the most fun you'll have while sweating! High Intensity Interval Training combining Bodyweight & Light equipment. Our body HIIT Squad classes are fast, furious and fun.

## **SPINNING®**

Spinning is a dynamic, energetic, and highly enjoyable class. Lively music gets your heart pumping, and keeps you motivated to just keep riding hard. Go on, put your foot down!

**zero gravity | Manor West Hotel**  
Tralee, Co. Kerry



# **zero gravity**

**SPORTS PERFORMANCE & FITNESS STUDIO**

**Tel: 0667194512 | Email: [leisure@manorwesthotel.ie](mailto:leisure@manorwesthotel.ie)**



# **NEW YEAR/SPRING CLASSES**



**MANOR WEST HOTEL**



# GROUP FITNESS CLASSES



Day & Times: Classes:

## Tuesday

10.00am - 10.30am AM Mobility  
1.15pm - 1.45pm Lunchtime Pick N' Mix  
7.00pm - 7.45pm Body HIIT

## Thursday

1.15pm - 1.45pm Lunchtime Pick N' Mix

## Friday

9.30am - 10.00am AM Mobility

# SPINNING CLASSES



Day & Times: Classes:

## Monday

6.00pm - 6.45pm Spinning

## Tuesday

7.00am - 7.45am Spinning

## Thursday

7.30pm - 8.15pm Heart Rate Spin

# AQUA AEROBICS



Day & Times: Classes:

## Monday

11.30am - 12.15pm Aqua Aerobics  
7.00pm - 7.45pm Aqua Aerobics

## Wednesday

1.15pm - 1.45pm Lunchtime Aqua

## Thursday

7.00pm - 7.45pm Aqua Aerobics

## Friday

11.30am - 12.15pm Aqua Zumba

# ZUMBA CLASSES



Day & Times: Classes:

## Wednesday

10.45am - 11.30am Zumba Fitness

## Friday

11.30am - 12.15pm Aqua Zumba  
6.45pm - 7.30pm Strong Nation

# STOTT PILATES



Day & Times: Classes:

## Tuesday

8.00pm - 8.45pm Stott Pilates

## Wednesday

6.45pm - 7.30pm Stott Pilates

## Thursday

10.00am - 10.45am Stott Pilates  
5.45pm - 6.30pm Stott Pilates

## Saturday

11.00am - 11.45am Stott Pilates

# YOGA CLASSES



Day & Times: Classes:

## Monday

7.00pm - 8.00pm Yoga After Sitting All Day  
8.15pm - 9.15pm Aerial Yoga

## Wednesday

7.00am - 7.45am Yoga Breakfast Club

## MEMBERS

- 30 Minute Class FREE
- 6 Week Course €35
- Double 6 Week €70 (2 per week)
- 45 Minute Class €7
- 8 Week Course €45
- Double 8 Week €90 (2 per week)

## NON MEMBERS

- 30 Minute Class €7
- 6 Week Course €55
- Double 6 Week €90 (2 per week)
- 45 Minute Class €10
- 8 Week Course €70
- Double 8 Week €120 (2 per week)