

LES MILLS

LES MILLS GRIT | STRENGTH LES MILLS GRIT | CARDIO LES MILLS GRIT | ATHLETIC

LES MILLS GRIT™ is the next generation of High-Intensity Interval Training (HIIT). Combining hard-hitting soundtracks and the latest scientifically-tested moves that will push your body and mind to their absolute limits. Develop anaerobic stamina, increase cardiovascular fitness and build strength



LES MILLS BODYATTACK

LES MILLS BODYATTACK® is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging, and jumping with body weight strength exercises. You will leave feeling stronger so you can attack every day with confidence.

LES MILLS VIRTUAL

LES MILLS BODYCOMBAT

LES MILLS BODYCOMBAT™ is a non-contact, mixed martial arts-inspired workout that fuels cardio fitness and conditions your whole body. Define and strengthen your upper and lower body while increasing your overall speed and fitness.

LES MILLS BODYBALANCE

Ideal for anyone and everyone, LES MILLS BODYBALANCE™ is a new generation yoga workout that will improve your mind, your body, and your life. Whether you're experienced with yoga, just starting out, or looking for something to complement your other workouts, BODYBALANCE will leave you feeling rejuvenated, calm, centered and focused.

LES MILLS sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. periods

OUR GROUP FITNESS HAS IT ALL AND FOR EVERY LEVEL WHETHER YOU WANT AQUA AEROBICS, STRENGTH, HIGH INTENSITY, LOW IMPACT OR JUST SOMETHING BRAND NEW TO YOU. WE'VE GOT THE CLASSES THAT WILL ENERGISE AND TONE YOU.

STOTT PILATES®

merrithew CORPORATION

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.

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!

AM MOBILITY & FLEXIBILITY

Enhance your suppleness and flexibility in our Am classes. Through targeted range of motion exercises, help prevent injuries. With flexibility exercises, reevaluate tension with gentle stretching.

Essential Strength

Discover the foundations of strength training in our Essential strength class. Develop muscular strength, enhance your posture, and improve overall fitness in a supportive environment.

aqua ZUMBA®

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Aqua Aerobics

It is a low impact class suitable for people of all ages and fitness levels. The exercises can range from flexibility to high intensity exercises getting a full body workout in the process.

YOUTH* GROUP FITNESS CLASSES

This program is targeted at 16-year-olds up to 19 years old. Choose different outs and discover new ones each week. This generation wants to be part of an exercise community, they are intrinsically motivated and want to work out for their mental wellness

zerogravity

SPORTS PERFORMANCE
& FITNESS STUDIO

Tel: 0667194500 ext2. | Email: leisure@manorwesthotel.ie

2023 AUTUMN / WINTER CLASSES

MANOR WEST HOTEL
★★★★★

zerogravity | Manor West Hotel
Tralee, Co. Kerry

LES MILLS VIRTUAL



Day & Times:

Classes:

Monday

7:00am - 7:30am
1:15pm - 1:45pm

Sprint
Body Balance Yoga

Wednesday

1:15pm - 1:45pm
5:00pm - 5:30pm

Body Balance Strength
Youth Body Balance*

Friday

7:00am - 7:30am
1:15pm - 1:45pm
5:00pm - 5:30pm

Sprint
Body Balance Flexibility
Youth Body Combat*

Saturday

11:00am - 11:30am

Youth Body Attack*

LES MILLS LIVE



Day & Times:

Classes:

Monday

7:30pm - 8:00pm

GRIT Strength

Tuesday

7:00am - 7:30am
5:00pm - 5:30pm

GRIT Strength
Youth GRIT Strength*

Wednesday

6:45pm - 7:15pm
7:30pm - 8:00pm

Body Attack
GRIT Cardio

Thursday

7:00am - 7:30am
5:00pm - 5:30pm

GRIT Cardio
Youth GRIT Cardio*

Friday

7:30pm - 8:00pm

GRIT Strength
/ Athletic Strength

SPINNING CLASSES



Day & Times:

Classes:

Monday

9:30am - 10:15am

Stretch & Spin **Beginners**

Tuesday

6:00pm - 6:45pm

Spinning

Wednesday

7:00am - 7:45am

Wake up Spin

Thursday

7:00pm - 7:45pm

Spinning

AQUA AEROBICS



Day & Times:

Classes:

Tuesday

12:00pm - 12:45pm

Aqua Aerobics

Thursday

7:00pm - 7:45pm

Aqua Aerobics

Friday

11:30am - 12:15pm

Aqua Zumba

GROUP FITNESS CLASSES



Day & Times:

Classes:

Tuesday

9:30am - 10:00am
7:00pm - 7:45pm

AM Mobility
Essential Strength

Thursday

9:30am - 10:00am

AM Flexibility

STOTT PILATES



Day & Times:

Classes:

Monday

5:00pm - 5:30pm
6:30pm - 7:15pm

Youth Pilates mat*
Intermediate Endurance
Pilates mat

Tuesday

10:15am - 11:00am

Toning Ball Pilates

Friday

10:00am - 10:45am

Intermediate Endurance
Pilates mat