

OPEN FOR BOOKINGS 11TH OCTOBER

LES MILLS LIVE CLASSES

Day & Times:	Classes:
Monday 10:00 - 10:30am 6:30 - 7pm 7:15 - 7:45pm	Body Pump Body Attack Body Pump
Tuesday 7:00 - 7:30am 11:00 - 11:45am 7:30 - 8pm	Grit Cardio Body Pump Tutorial Grit Cardio
Wednesday 10:00 - 10:30am 7:15 - 7:45pm	Body Pump Body Pump
Thursday 7:00 - 7:30am 7:30 - 8pm	Grit Strength Grit Strength
Friday 7:00 - 7:30am 10:00 - 10:30am	Body Pump Body Pump

LES MILLS VIRTUAL

Day & Times:	Classes:
Monday 7:00 - 7:30am 12:00 - 12:30pm 5:00 - 5:30pm	RPM CORE RPM
Tuesday 5:00 - 5:30pm	CORE
Wednesday 12:00 - 12:30pm 5:00 - 5:30pm 6:30 - 7pm	Body Balance Body Balance CORE
Thursday 5:00 - 5:30pm 6:30 - 7:00pm	CORE Body Balance
Friday 12:00 - 12:30pm 5:00 - 5:30pm	RPM RPM
Saturday & Sunday 9:00 - 9:45am 10:00 - 10:45am 11:00 - 11:45am	Body Pump Body Attack Body Balance

STOTT PILATES

Day & Times:	Classes:
Monday 11:00 - 11:40am	Mens Mat Pilates
Tuesday 10:00 - 10:45am 6:30 - 7:15pm	Intermediate Pilates Intermediate Pilates
Thursday 10:00 - 10:45am	Mixed Mat Pilates
Friday 11:00 - 11:30am 6:30 - 7:15pm	Back Care Pilates Mixed Mat Pilates

AQUA AEROBICS

Day & Times:	Classes:
Tuesday 12:00 - 12:45pm	Aqua Aerobics
Thursday 12:00 - 12:45pm	Aqua Aerobics

zerogravity
SPORTS PERFORMANCE
& FITNESS STUDIO

Manor West Hotel, Tralee, Co. Kerry
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MANOR WEST HOTEL
★★★★

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.

LES MILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS GRIT

High-Intensity Interval Training for maximum results. A 30-minute LES MILLS GRIT™ workout is fast, fierce and pushes you to the edge. GRIT Strength blends HIIT and weight training to build lean muscle and cardio fitness. GRIT Cardio uses bodyweight drills for speed and stamina. GRIT Athletic often uses a step for explosive agility training. Expect intensity, empowerment and pride.

STOTT PILATES® merrithew CORPORATION

A contemporary Pilates method focusing on core stability, posture, strength, flexibility, and balanced movement, with emphasis on alignment, breathing and spinal mobility.

Evidence-based Pilates combining physiotherapy principles with classical Pilates. Exercises are based on pain, pathology, and function in relation to movement. Suitable for a range of abilities, including rehabilitation.

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THE AUSTRALIAN PHYSIOTHERAPY
& PILATES INSTITUTE

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

MEMBERS PRICES

6 weeks €55 one class per week
6 week €90 two classes per week
6 weeks €120 three classes per week
PAYG €10

NON MEMBERS

6 weeks €70 one class per week
6 week €120 two classes per week
6 weeks €155 three classes per week
PAYG €12

VIRTUAL PRICES

Free to Members | €8 Non-Members

All other prices inquire at reception

