

# zest

## CLASS SCHEDULE

	9.30AM	6.00PM
MONDAY	AQUA	KETTLEBELLS
TUESDAY	AQUA	SPIN PAID CLASS
WEDNESDAY	AQUA	BOX FIT CIRCUIT
THURSDAY	AQUA	SPIN PAID CLASS
FRIDAY	AQUA	BARBELLS

PAID CLASSES ARE €5 FOR MEMBERS AND €7 FOR NON-MEMBERS

**Aqua** – Aqua Aerobics, low impact, fun, Pool exercise for all ages.

**Spin** – Indoor Cycle to Music, challenging fun workout.

**Kettle Bells** – Weights and Endurance class.

**Barbell Blitz** – Free weights endurance whole body workout class.

**Boxfit** – Exercise class with elements of Boxing.

**Circuit** – Exercise class with instructors choice.

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