

# fitness TIMETABLE

3 FREE fitness classes per week for members  
Non-members also welcome - €10 per class  
or €80 for 10 classes.

PLEASE NOTE: All fitness classes are held in  
the Recreational Building, situated within the  
Aviary Lodges.



MON	TUES	WED	THURS	FRI	SAT	SUN
Strength & HIIT 10.00am	Spinning 6.45am	Circuits 10.00am		Strength Training for Women 10.00am		
Bootcamp 18.00pm	Yoga 19.00pm	Bootcamp 18.00pm	Spin & Core 18.00pm			

Yoga will commence on September 10th, 6  
Week block | €60 or €12 per class | To book,  
please contact Maggie: 085 1959826



To book your class please download and  
register your details on the **Glofox App**.  
Please contact the Fitness Team on  
[fitness@fotaisland.ie](mailto:fitness@fotaisland.ie) with any queries

fitness

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