



FOTA ISLAND  
FITNESS

# Summer CLASS TIMETABLE

ALL FITNESS CLASSES ARE HELD IN THE RECREATIONAL BUILDING.

TO BOOK YOUR PLACE IN A CLASS PLEASE EMAIL: [FITNESS@FOTAISSLAND.IE](mailto:FITNESS@FOTAISSLAND.IE)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MORNING CLASSES</b>					
<b>06:45am</b>	Boxfit (all levels) (45 mins)	Spinning & boxfit (all levels) (45 mins)			Spinning (all levels) (45 mins)	
<b>10:00am</b>	Spin & Abs (all levels) (45 mins)		Circuit Training (suitable for beginners & golfers) (45 mins)	Spin & Surprise (all levels) (45 mins)	Yoga : Prepaid 6 week course	Spinning (all levels) (45 mins)
<b>11:00am</b>						Power Hour (60 mins)
						Children's Ballet
	<b>EVENING CLASSES</b>					
<b>18:00pm</b>	Bootcamp (all levels) (45 mins)	Running Club - technique & speed work (All Levels) (45 mins)	Bootcamp (all levels) (45 mins)			
<b>18:30pm</b>				Running Club (outdoor) (60 mins)		
<b>19:00pm</b>	Spinning (all levels) (45 mins)	Spinning (all levels) (45 mins)				
<b>3 Free Fitness Classes per week for members, non-members also welcome - €5 per class.</b>						



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## PERSONAL TRAINING WITH FOTA FITNESS

Whether you're starting anew, coming back from injury or training for a specific event, our team of highly skilled & experienced trainers are ready to help you achieve your personal goal.

**Choose between 8 x 45 min sessions or 6 x 60 min sessions.**

### BUDDY TRAINING

Train with your friend, motivate each other and just have fun together!  
Choose a schedule that will best suit your daily routine.

Your personal trainer will be there every step of the way to push you and ensure you enjoy reaching your full fitness potential!

For more information & to book please email [fitness@fotaisland.ie](mailto:fitness@fotaisland.ie). Timetable is subject to change.

All indoor fitness classes take place in the Recreational Building which is situated within the Aviary Lodges.

When booking your place in a class, please request the barrier code for entry.

Prior booking is essential & please allow a minimum of 6 hours cancellation time for all classes.

Please bring water & a towel to every class.

Minimum of 5 people required for class to proceed. Classes will not take place on Bank Holidays.

To enquire about Ballet lessons contact Carmel Audley  
on 087 9481168

To enquire about Yoga Classes please contact Kathleen O' Regan  
on 087 2206911.