

CLASS TIMETABLE

*PLEASE NOTE: All Fitness Classes are held in the recreational Building. Situated within the Aviary Lodges, barrier code is 2367

To book your class please download and register your details on the Glofox App. Please contact the Fitness Team on fitness@fotaisland.ie with any queries

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am		Spinning All levels (45mins)					
9:30am							
10:00am	HIIT All levels (45mins)		Circuits All levels (45mins)		Women's Strength Training All levels (45mins)	Spinning All levels (45mins)	
11:00am			AquaFit Prepaid 6 week course All levels (45mins)			Power Hour All levels (1hour)	
11:15am							Yoga Prepaid 6 week course (11:15-12:30)
11:30am						Children's Ballet Prepaid external teacher	
18:00pm	Boot Camp All levels (45mins)	Members of Run Club (1 hour)	Boot Camp All levels (45mins)	Members of Run Club (1 hour)			
			Pilates Prepaid 6 week course All levels (45mins)				
19:00pm	Spinning All levels (45mins)						

3 FREE fitness classes per week for members, non-members also welcome - €7 per class



personal

TRAINING WITH FOTA

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 and to book please email fitness@fotaisland.ie. Timetable is subject to change.

indoor

FITNESS CLASSES

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 and please allow a minimum of 6 hours cancellation time for all classes. Please bring water and 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 Yoga or Pilates classes contact fitness@fotaisland.ie

To enquire about Ballet lessons contact Carmel Audley on 087 948 1168