

TIMETABLE

JULY



TIME	MONDAY	TUESDAY	WEDNESDAY
7.30am	SPIN - 30M	PUSH & LIFT - 30M	STRETCH & FLOW - 30M
12.30pm	PUSH & LIFT - 30M	SPIN - 30M	GLUTE GAINS & ABS - 30M
6.30pm	COMBAT FITNESS - 45M	PILATES FUSION - 45M	S&C - 45M

TIME	THURSDAY	FRIDAY	SATURDAY
7.30am	STRENGTH & CONDITIONING	SPIN - 30M	
12.30pm	PILATES FUSION - 30M	GLUTE GAINS & ABS - 30M	STEP AEROBICS - 45M
6.30pm	SPIN - 45M	METCON - 45M	

*CLASSES MUST BE BOOKED IN ADVANCE VIA OUR CONTACT DETAILS BELOW.

**CLASS CANCELLATIONS MUST BE GIVEN IN ADVANCE VIA OUR CONTACT DETAILS BELOW.

ENERGIZE FITNESS AND HEALTH, EXCISE WALK, IFSC, DUBLIN 1.

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SPIN

This is the ultimate indoor cycling experience which has an equal amount of sprints and uphill climbs but it's all systems go with quick bursts and short recoveries. It triggers a high metabolic response and allows for your body to burn extra calories after the class and throughout the day.

PUSH AND LIFT

A full body strength class targeting all your major muscle groups! It will strengthen areas all over the body with a combination of different weights to build and strengthen all muscles and joints.

S&C (STRENGTH & CONDITIONING)

A class that combines resistance based exercises alongside cardio and conditioning ones in a block or circuit format. Here you will get a cross-training effect for both strength and cardiovascular gains. Watch your strength build along with your fitness levels!

METCON (METABOLIC CONDITIONING)

A Metcon class is a high-intensity, fast-paced workout that blends strength training and cardio. The primary goal is to maximize calorie burn, boost your metabolism, and improve your body's energy efficiency through quick bursts of maximum effort followed by short rest periods!

GLUTE GAINS & ABS

Build strength, shape, and stability in this targeted workout focused on your glutes and core. Expect a mix of resistance exercises, bodyweight movements and high-energy circuits designed to tone, strengthen, and challenge you from start to finish.

PILATES FUSION

This is the class that concentrates on strengthening the body through our core. Focusing on balance, posture and flexibility, this class improves general fitness and overall well-being. It mixes standing, mat and wall Pilates to give even more concentration on our core muscles!

STRETCH & FLOW

Here we help stretch out those tired, tight muscles while also strengthening the body. We slow down our breathing while we move, creating a flow.

COMBAT FITNESS

A fast-paced 45-minute workout that blends boxing drills with high-intensity conditioning. You'll throw punches on pads or bags, build strength with bodyweight exercises, and keep your heart rate up with short bursts of cardio. Expect a full-body burn, improved fitness, and a serious stress release—no experience needed.

STEP AEROBICS

This is an exercise to music based cardio class where you step on and off the step (of different heights, depending on your level). Watch your footwork, coordination and fitness levels improve along with your energy - all to the beat of your favourite songs!