

# THE SPENCER HEALTH CLUB

## Dec 2025 Class Timetable

| <u>MONDAY</u> |                      | <u>TUESDAY</u> |                           |
|---------------|----------------------|----------------|---------------------------|
| 7.30am        | Pilates Fusion - 30m | 7.30am         | Total Body Strength - 30m |
| 12.30pm       | Push & Lift - 30m    | 12.30pm        | Spin - 30m                |
| 6.30pm        | S&C - 45m            | 6.30pm         | Pilates Fusion - 45m      |

| <u>WEDNESDAY</u> |                      | <u>THURSDAY</u> |                           |
|------------------|----------------------|-----------------|---------------------------|
| 7.30am           | Stretch & Flow - 30m | 7.30am          | Total body strength - 30m |
| 12.30pm          | S&C - 30m            | 12.30pm         | Pilates fusion - 30m      |
| 6.30pm           | Step Aerobics - 45m  | 6.30pm          | Spin & Abs - 45m          |

| <u>FRIDAY</u> |                           | <u>SATURDAY</u> |                      |
|---------------|---------------------------|-----------------|----------------------|
| 7.30am        | Spin - 30m                |                 |                      |
| 12.30pm       | Push & Lift - 30m         | 12.30pm         | Pilates Fusion - 30m |
| 6.30pm        | Total Body Strength - 45m |                 |                      |

*\*Classes must be booked in advance via our contact details below.*

*\*\*Class cancellations must be given in advance via our contact details below.*

**The Spencer Health Club, Excise Walk, IFSC, Dublin 1. Phone: 01-4338877**

**Facebook: [The Spencer Health Club](#) Instagram: [thespencerhealthclub](#)**

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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 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 the muscles, and the joints as well along the way!

### **S&C (STRENGTH & CONDITIONING)**

A class that combines resistance based exercises alongside cardio and conditioning ones. Here you will get a cross-training effect for both strength and cardiovascular gains.

### **TOTAL BODY STRENGTH**

Total body strength will sculpt, tone and strengthen your entire body, through all your different muscle groups! This class is a great way to get in shape as it challenges all of your major muscles while you squat, press, lift & push with a variety of different resistance equipment. So with your choice of weight and highly-trained instructors you can get the group effect and the strong results you've been looking for!

### **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.

### **STEP AEROBICS**

Step aerobics is a fun way of getting your cardio workout done! It's an exercise to music class where you step on and off a step (of different heights, depending on our level). Watch your footwork, coordination and fitness levels improve along with your energy – all to the beat of your favourite songs!

