

# THE SPENCER HEALTH CLUB

## July 2025 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Stretch&Flow - 30m	7.30am	Full Body Circuits - 30m
12.30pm	Push & Lift - 30m	12.30pm	Spin - 30m
6.30pm	Total Body Strength - 45m	6.30pm	Pilates Fusion - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Spin - 30m	7.30am	Strength&Cond. - 30m
12.30pm	Push & Lift - 30m	12.30pm	Pilates Fusion - 30m
6.30pm	Step - 45m	6.30pm	Spin & Abs - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Pilates Fusion - 30m		
12.30pm	Spin - 30m	12.30pm	HIIT/Abs &Stretch - 45m
6.30pm	S&C - 45m		

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

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

Email: [info@thespencerhealthclub.com](mailto:info@thespencerhealthclub.com) web: [www.thespencerhealthclub.com](http://www.thespencerhealthclub.com)

### **PILATES FUSION**

This is the class that concentrates on strengthening the body with an emphasis on the core. Concentrating on balance, posture and flexibility, this class improves general fitness and overall well-being. Wall Pilates is done against the wall, concentrating even more on the core.

### **STEP**

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!

### **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!

### **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.

### **STRETCH AND 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.

### **FULL BODY CIRCUITS**

This class will enable you to build a lean, defined and stronger lower and upper body using free weights and your own bodyweight. We achieve this by doing exercises such as squats, lunges, RDLs, kickbacks for lower body and then presses, pulls, arms and shoulders for upper, done in a circuit style format to vary the exercises throughout.

### **STRENGTH AND CARDIO AND/OR 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.

### **PUSH&LIFT**

A strength class targeting all our major muscle groups! It will strengthen areas all over the body. A combination of different weights to really strengthen the muscles with joint work along the way!

### **HIIT/ABS&STRENGTH**

A high intensity, cardio/conditioning style fitness class to really get in to the fat loss and calorie burning aspects of your exercise routine with your abs/core worked as well to strengthen an area that will then help with form and posture for other exercises used for the rest of the body. The class finishes with some lovely full body stretches to loosen up after the main work is finished!