

THE SPENCER HEALTH CLUB

Nov & Dec 2025 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Spin - 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	Pilates Fusion - 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](#)

Email: info@thespencerhealthclub.com web: www.thespencerhealthclub.com

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!

