

# THE SPENCER HEALTH CLUB

## Sep 2025 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Spin - 30m	7.30am	Body Combat - 30m
12.30pm	Push & Lift - 30m	12.30pm	Spin - 30m
6.30pm	BLT - 45m	6.30pm	Pilates Fusion - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Stretch & Flow - 30m	7.30am	S&C - 30m
12.30pm	Total Body Strength - 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	Spin - 30m	12.30pm	Pilates Fusion - 30m
6.30pm	Upper Body Cond. - 45m		

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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!

### **B.L.T (BUMS, LEGS & TUMS)**

This class will enable you to build a lean, defined stronger lower body using free weights and your own bodyweight. It targets 3x very popular areas of the body using a mix of squats, lunges, deadlifts and floor work.

### **BODY COMBAT**

Body Combat is a high-energy, martial arts-inspired fitness class! It's a non-contact workout that combines elements of boxing, kickboxing, karate, Muay Thai, and more. Participants can expect to punch, kick and strike their way through a workout that burns calories, builds strength, and improves coordination.

### **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.

### **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!

### **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!

### **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.

### **UPPER BODY CONDITIONING**

This class will enable you to build a lean, defined and stronger upper body using free weights and your own bodyweight. We achieve this by doing exercises such as presses, pulls, arms, shoulders, abs and all of the above!