

# THE HEALTH CLUB

## AT THE SHELBOURNE

### TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30	<b>Hatha Yoga</b> 1 hour	<b>Thumb Boxing</b> 30 min	<b>HIIT</b> 30 min	<b>Thumb Boxing</b> 30 min	<b>Circuit</b> 30 min	
12:30						<b>Pilates</b> 45 min
13:00					<b>Hatha Yoga</b> 1 hour	
13:15	<b>Abs Attack</b> 30 min					
17:30	<b>Shelbourne Bells</b> 30 min	<b>LBT</b> 30 min	<b>Shelbourne Spin</b> 30 min	<b>Dance Fit</b> 30 min	<b>Shelbourne Spin</b> 30 min	
18.00	<b>Hatha Yoga</b> 1 hour	<b>Pilates</b> 45 min	<b>Hatha Yoga</b> 1 hour	<b>Hatha Yoga</b> 1 hour		

### CLASSES

#### LBT

A lower body workout focusing on quads, hamstrings and glutes.

#### Shelbourne Spin

Increase your endurance, stamina and cardiovascular system with a spin class in our studio.

#### Shelbourne Bells

A class involving exercises with body weight and kettlebells.

#### Full Body Circuit

Different exercises at each station using different equipment.

#### Thumb Boxing

A fast-paced cardiovascular workout using boxing pads and bodyweight exercises, work with a partner to perform punches, kicks, ducks and combination moves.

#### Pilates

Pilates is a mind body exercise that focuses on core, stability, strength and flexibility, it involves precise movements, controlled breathing and muscle engagement.

#### Abs Attack

A 30 minute focus on your abdominal and core area.

#### Hatha Yoga

This practice involves breath, body, and mind. This class focuses on posture and breathing techniques.

#### HIIT

A high intensity interval class with the aim being to burn the most amount of calories in a short amount of time.

#### Dance Fit

Dance Fit is a workout style that provides dance-inspired in Latin rhythm mixing dance and workouts that pair an energetic class with low and high-intensity movements, encouraging members to burn calories dance and have fun while exercising.

