

**ROCCO FORTE
FITNESS**



FITNESS ACTIVITIES, 26TH MARCH TO 1ST APRIL

MONDAY 26TH

8.30 Hatha Yoga (fitness studio)
10.00 Interval Training (fitness studio)

TUESDAY 27TH

8.30 Pilates (fitness studio)
12.00 Circuit Training (fitness studio)

WEDNESDAY 28TH

8.30 Acqua Gym (indoor swimming pool)
10:00 Zumba (fitness studio)

THURSDAY 29TH

8.30 Stretching(fitness studio)
10.00 Tone Up(fitness studio)

FRIDAY 30TH

8.30 Hatha Yoga (fitness studio)
10.00 Interval Training(fitness studio)

SATURDAY 31ST

8.30 Aqua Zumba (indoor swimming pool)
10.00 Gag(fitness studio)

SUNDAY 1ST

8.30 Pilates (fitness studio)
10.00 Total Body(fitness studio)

For all classes there is a charge of € 25,00 per person.
Duration of each classes 50 minutes.

For Personal Swimming Lessons there is a charge of
€ 75,00. Duration of each lesson 40 minutes.

Please book these classes one day in advance via the Spa
Reception, ext 2321.

INTERVAL TRAINING

Series of low- to high-intensity exercise workouts interspersed with rest or relief periods. This activity improves aerobic capacity and permits the person to exercise for longer and/or more intense levels

LOCATION: FITNESS STUDIO.

PILATES

Pilates is designed to strengthen and stretch the muscles, as well as help posture.

LOCATION: FITNESS STUDIO.

STRETCHING

Begin your morning with light stretching that will awaken your body and prepare you for the day ahead.

LOCATION: FITNESS STUDIO.

TOTAL BODY

Total Body Interval circuit uses weights, elastic bands and fitballs to increase muscle strength and cardiovascular fitness. LOCATION: FITNESS STUDIO.

STEP&TONE

This class is a high intensity aerobic work-out that improves coordination.

LOCATION: FITNESS STUDIO

GAG

GAG focuses on toning three key parts of the body: legs, abs and buttocks. You'll spend 15 minutes on each of the three body parts, with different repetition exercises.

LOCATION: FITNESS STUDIO.

ZUMBA

Zumba is a fusion of Latin and International music and dance themes, creating a dynamic and exciting fitness class. The routines are a combination of interval training and fast and slow rhythms, to tone and sculpt the body with easy to follow dance steps.

LOCATION:FITNESS STUDIO.

AQUA ZUMBA

Aqua Zumba blends the Zumba philosophy with traditional aqua fitness disciplines to create an effective low impact training that is fun, whilst also toning and sculpting the body.

LOCATION: INDOOR SWIMMING POOL

AERO MIX DANCE

Specific movements of aerobic gym, it use elements from modern dance and jazz dance.

LOCATION: FITNESS STUDIO

CARDIO POP DANCE

Expect a mix of low and medium intensity exercises, with some routines focused on cardio dance and others on strengthening and sculpting. Hip hop music mostly used.

LOCATION: FITNESS STUDIO

GAB

GAB focuses on toning three key parts of the body: legs, abs and arms. You'll spend 15 minutes on each of the three body parts, with different repetition exercises.

LOCATION: FITNESS STUDIO.

CIRCUIT TRAINING

Circuit Training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. When one circuit is complete, one begins the first exercise again for the next circuit.

LOCATION: FITNESS STUDIO.

AQUA GYM

Aqua Gym will increase your body's circulation and tone your muscles, all without impacting your joints.

LOCATION: INDOOR SWIMMING POOL.

HATHA YOGA

Hatha Yoga improves flexibility and has healing effects on the body and on the spine.

LOCATION: FITNESS STUDIO

TONE UP

Tone UP tones the body's most important muscle groups with some cardio exercises and use of equipment.

LOCATION: FITNESS STUDIO.

BOOT CAMP OUTDOOR

Outdoor boot camp is high intensity functional training aimed at improving overall fitness, resistance, speed and muscle strength.

LOCATION: MEET AT SPA RECEPTION.

PRIVATE ACTIVITIES

PERSONAL TRAINING

Reach your own personal goals with our qualified personal trainer. DURATION: 60 MINUTES/ LOCATION: GYM/ €90 PER PERSON /€135 TWO PEOPLE/€180 THREE PEOPLE.

INDIVIDUAL SESSIONS FOR SPECIFIC DISCIPLINES

€65 PER PERSON/

BODY CONSULTATION ANALYSIS

This analysis measures your fat, lean muscle and water composition. LOCATION: MEDICAL CENTRE/ €40 PER PERSON