

THE SPENCER HEALTH CLUB

February 2025 Class Timetable

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

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Spin - 30m	7.30am	Lower Body Circuits - 30m
12.30pm	Strength and Cardio - 30m	12.30pm	Pilates Fusion - 30m
6.30pm	Step - 45m	6.30pm	Spin - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Pilates Fusion - 30m		
12.30pm	Beginner Callisthenics - 30m	12.30pm	Spin - 30m
6.30pm	Torso Tone - 45m		

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[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 is a fun way of getting your cardio workout done. It's a dance-type class where you step on and off a step (of different heights, depending on our level). Watch your footwork improve and your energy levels rise!

[PUSH & LIFT](#)

Push and Lift will sculpt, tone and strengthen your entire body! Push and Lift is one of the fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. So with your choice of weight and highly-trained instructors you can get the group effect and the 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 its 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.

[CALLISTHENICS](#)

This is a form of strength that use our bodyweight as the resistance to perform multi-joint movements. Gent into a real shape with little or no equipment.

[LOWER/UPPER BODY CIRCUITS](#)

This classes will enable you to build a lean, defined and stronger lower or upper body using free weights and your own bodyweight. We achieve this by doing exercises such as squats, lunges, RDLs, kickbacks for lower and presses, pulls arms and shoulders for upper.

[STRENGTH AND CARDIO](#)

A class that combines resistance based exercises alongside cardio ones. Here you will get a cross-training effect for both strength and cardiovascular gains.

[TORSO TONE](#)

It's all about the Abs and core for this one! A strength and toning class specifically targeting that abdominal and core area. It will strengthen an area that is important in targeting the right posture and technique for all other exercises in strength and conditioning.