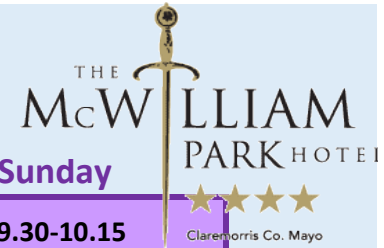


# McWilliam Park Hotel Leisure Centre

## Summer Class Schedule



|             | Monday                                    | Tuesday                      | Wednesday  | Thursday                                     | Friday                   | Saturday           | Sunday                      |
|-------------|---|------------------------------|--|--|--------------------------|--------------------|-----------------------------|
| 9-11.00     | 10-11<br>Beginner Pilates                 |                              | 10.30<br>Adult Group Swim<br>Lessons - Beginners | 9-10<br>Arthritis Ireland-<br>Swimmers       | 10-11<br>School Swimming |                    | 9.30-10.15<br>Aqua Aerobics |
| 11-1.00     |   | 11.00-11.45<br>Aqua Aerobics | 11.15<br>Adult Group Swim<br>Lessons -Improvers  | 10-11<br>Arthritis Ireland - Non<br>Swimmers |                          |                    |                             |
| 13-15.00    |   |                              |  |  | 1 - 2<br>School Swimming | 1-5<br>Family Swim | 1-5<br>Family Swim          |
| 15-16.00    | 3-6<br>Children Group<br>Swimming Lessons |                              | 3-5<br>Children Group<br>Swimming Lessons        |  |                          |                    |                             |
| 16-17.00    |   |                              |  |  |                          |                    |                             |
| 17-18.00    |   |                              |  |  |                          |                    |                             |
| 18.00-19.00 | 6.30-7.30<br>HIIT                         |                              |  |  |                          |                    |                             |
| 19-00-20.00 |   |                              |  | 7.00 - 7.45<br>Aqua Blast                    |                          |                    |                             |
| 20-00-21.00 |   |                              |  |  |                          |                    |                             |

Classes:

- HIIT: A High Intensity Functional Training for a Complete body workout with high calorie burn
- Pilates: Pilates is much more than just an exercise regime. It teaches you how to move & where to move your body from.
- Fitness Classes Complimentary to Members  
Pilates and Swim Classes Discounted to Members

Get Class Updates  
Follow us on Social Media

**Prices:**  
8 Week Block (Non Members)  
Pilates: €90  
Aqua Aerobics €60

Or email us: [Leisure@mcwilliamparkhotel.ie](mailto:Leisure@mcwilliamparkhotel.ie)

Drop In Class €8.50 ( Excludes Pilates)

Call us on 094 9378000

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