

Spring Timetable



New Classes for 2025

Toddler Swim
(Suitable from 3-4)
Postnatal Exercise Classes
Teen Gym Fitness

MONDAY

6.45am	Spinning	30mins	A
10.00am	Circuit Training	40mins	A+C+S
1.00pm	Exercise For Older Adults (60+)	40mins	A+C+S
4.30pm	TRX	30mins	A+C+S
5.40pm	Express Spinning	30mins	A
6.15pm	Spinning	40mins	A
7.00pm	Strength Training	45mins	S

TUESDAY

6.45am	Intense Cardio	30mins	A
10.00am	TRX	30mins	A+C+S
10.30am	TRX	30mins	A+C+S
11:00am	Aquafit	40mins	A
1.00pm	HITT	30mins	A+C+S
6.00pm	Intense HITT	40mins	A+C+S
6.45pm	Ab Attack	15mins	C
7.30pm	Zumba with Alex	60mins	A+D

WEDNESDAY

6.45am	HITT	30mins	A+C+S
10.00am	Intense Cardio	40mins	A
11.00am	Pilates with Lisa*	45mins	C+S
4.30pm	HITT	30mins	A+C+S
5.40pm	Express Spinning	30mins	A
6.15pm	Spinning	40mins	A
7:00pm	Strength Training	45mins	S
8:00pm	Pilates with Lisa*	45mins	C+S

THURSDAY

10.00am	TRX	30mins	A+C+S
10.30am	TRX	30mins	A+C+S
11.00am	Aquafit	40mins	A
1:00pm	TRX	30mins	A+C+S
6.00pm	Cardio & Strength	40mins	A+C+S
6.45pm	Ab Attack	15mins	C

FRIDAY

6.45am	Spinning	30mins	A
10.00am	Circuit Training	40mins	A+C+S
1.00pm	Exercise For Older Adults (60+)	40mins	A+C+S
5.00pm	Cardio Blast	40mins	A+C+S

Class code: A - Aerobics | C - Core | D - Dance | M - Mind, Body & Soul
S - Strength & Toning | *Fee applies

Gym Induction

20 mins (included in membership)

1-1 Training Session

1hr €30

Extensive Personal Training

5 sessions (60 mins each)

Includes training plan and goal setting

📍 Club Vitae Oranmore, Maldron Hotel Oranmore, Galway

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BECOME A MEMBER TODAY!

Member Benefits

- 10% discount on all food and accommodation at Maldron Hotel Oranmore, Galway
- Gym induction
- Complimentary parking
- Adult swim training



Scan the QR code

CHILDREN'S GROUP SWIM LESSONS

Term 1: 13th January - 16th February – 5-week term

Term 2: 24th February - 13th April – 7-week term

Easter Swim Camp: 21st - 25th April – 9.30am to 12.30pm and 1.00pm to 4.00pm



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