



MULRANNY PARK HOTEL

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 AM	Aqua 45 Mins		Aqua 45 Mins		Aqua 45 Mins
11:30 AM	Mat Pilates 45 Mins				Mat Pilates 45 Mins
1 PM			Mini Blast 30 Mins		Mini Blast 30 Mins
7 PM		Aqua 30 Mins		Aqua 30 Mins	
7:45 PM		The Christmas Countdown 30 Mins		Body Tone 30 Mins	

Aqua Aerobics is a low-impact exercise class performed in a swimming pool, often set to music. The buoyancy of the water reduces stress on your joints, making it suitable for all fitness levels, especially those recovering from injury or with joint problems. The water's resistance provides a full-body workout that builds strength, tones muscles, and boosts cardiovascular health.

Mat Pilates is a low-impact exercise method performed on the floor using a padded mat and your own body weight for resistance. Unlike Reformer Pilates, it requires minimal equipment, making it highly accessible and versatile. Mat Pilates is considered the foundation of the Pilates method, and it is suitable for all fitness levels.

The Christmas Countdown is a 30-minute HIIT workout where exercises build on each other, based on the "12 Days of Christmas" song. It's the perfect way to burn off some steam and get in shape before the holiday season truly begins. Get a festive, full-body workout that boosts cardio and strength, all in a fun and fast-paced format.

Mini Blast is a short, high-intensity workout, often 15 to 30 minutes long, that uses bodyweight or light resistance equipment. It is designed to be time-efficient, maximizing calorie burn and muscle engagement for those with limited time. The specific focus can vary, from full-body cardio and strength circuits to concentrated core workouts.

A Body Tone class is a full-body workout focused on strengthening and toning muscles for a more sculpted physique. Using light to moderate weights, resistance bands, or your own body weight, the class boosts your metabolism and improves strength and endurance. It's suitable for all fitness levels and often incorporates music to keep participants motivated.