



FOTA ISLAND  
FITNESS



# fitness TIMETABLE

3 FREE fitness classes per week for members  
Non-members also welcome - €10 per class  
or €80 for 10 classes.

PLEASE NOTE: All fitness classes are held in  
the Recreational Building, situated within the  
Aviary Lodges. The barrier code is 2367.

MON	TUES	WED	THURS	FRI	SAT	SUN
Strength & HIIT 10.00am	Spinning 6.45am	Circuits 10.00am		Strength Training for Women 10.00am	Spinning 9.30am	
Bootcamp 18.00pm	Yoga 19.00pm	Bootcamp 18.00pm	Spin & Core 18.00pm		Strength & Conditioning 10.30am	

Yoga will commence on September 10th, 6  
Week block | €60 or €12 per class | To book,  
please contact Maggie: 085 1959826



To book your class please download and  
register your details on the **Glofox App**.  
Please contact the Fitness Team on  
[fitness@fotaisland.ie](mailto:fitness@fotaisland.ie) with any queries

fitness

Fota Island Resort, Fota Island, Co. Cork

T +353 (21) 4883700 E [info@fotaisland.ie](mailto:info@fotaisland.ie) [www.fotaisland.ie](http://www.fotaisland.ie) Find Us On:

