



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
HIIT & Step 10.00am	Run Club 18.00pm	Circuits 10.00am	Run Club 18.00pm	Strength Training for Women 10.00am		
Bootcamp 18.00pm		Bootcamp 18.00pm	Spin & Core 18.00pm			



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

fitness

Fota Island Resort, Fota Island, Co. Cork

T +353 (21) 4883700 E info@fotaisland.ie www.fotaisland.ie Find Us On:

