



Indoor Cycling (A Spinning Technique)

Cycle Classes are available for Members and Non Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycle Express 6.30am				Cycle Express 09:30am
Begin to Cycle 6pm	Cycle Express 7:00pm	Begin to Cycle 6:00pm	Cycle Express 8:00pm	Cycle Express 7:45pm	

- Cycle classes available for Members and Non Members
- Non Members €10 per class and Members €8 per class
- Begin to cycle classes are 30 minutes
- Cycle Express classes are 45 minutes

For more information or to register for classes please contact 01-6406333

Why Do Indoor Cycling?

There are many well known Benefits to indoor cycling, these include:

- Weight Loss
- Efficient Fat Burning
- Stress Release
- Energy Gain
- Simple Techniques
- Upbeat, Motivating Music

**Power Plates now available in Tonic. €9 for 15 minutes.
15 minutes on a Power Plate is the equivalent
of a 60 minute toning class.**

Reservations (01) 640 6333
email tonic@chcc.ie
www.castleknockhotel.com

Terms & Conditions apply - Offer subject to availability

The Award Winning 4 Star

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HOTEL & COUNTRY CLUB

Dublin