

HERO IMAGE

INTRODUCTION

Hello everyone from the newly built gym called Fuel. We are a new state of the art gym located in the heart of Ennis, Co.Clare. After a hard few months of construction we are ready to welcome you in to Fuel and get your sweat on! We have everything for everyone. whether that be using one of our ten squat racks, a run on a treadmill or would like to sign up for a few classes. We can certainly cater for you.

OUR MISSION

We here at Fuel believe in teamwork to achieve our goals. Their is no ego inside here. We are all here for one thing, to be better than we were yesterday. so we encourage you all to help each other out to help boost morale in the gym. You never know you might even find your new best friend here!

WHAT SERVICES DO WE PROVIDE

We have 8 friendly personal trainers that would like to help you with any goal you would like to achieve. All of them are highly professional and very easy to talk to. If you would like to know prices for blocks of Pt sessions please call us on 065-6701243 or you can message us on any of our social medias at the bottom of the page. On our next page you

OUR EQUIPMENT

10 Squat Racks
15 Treadmills
5 Rowing Machines
20 spinning Bikes
2500kg Free Weights And Plates
Plenty Of Weight Assisted Machines



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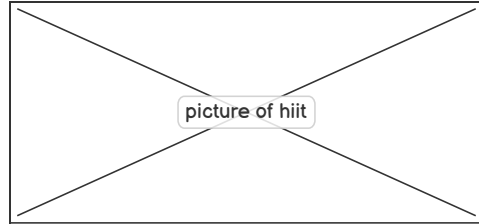


Contact us on: 065-6701243

The list of classes we have in the gym

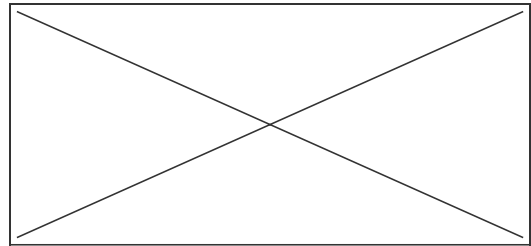
Hiit

HIIT is short for high-intensity interval training. It is a fantastic way to stay in shape and usually lasts about 30minutes for each class. It is doing high intensity exercises for a short amount of time. So the heart rate would usually be up to 80-90% of its maximum beats per min. This would be considered an anerobic state of fitness. A perfect class when on lunch and guaranteed good fun!



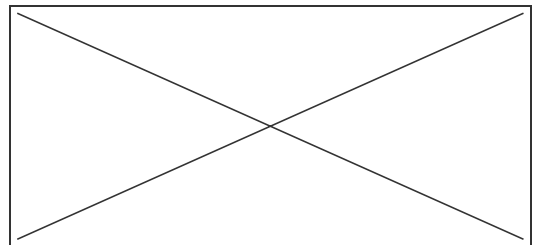
Spinning

Spinning is a wonderful class to get your endorphins going. Sit on top one of our stationary spinning bikes and let our instructors guide you beyond your limits. The pace and speed varies through the class. A lot of interval training which consists of going at high speed for a short time, uphill climbs and a lot of resistance. Plenty of leg muscles being used at different stages of the workout. The best part about the exercise is the banging tunes!



Zumba

Does having fun and burning calories at the same time sound good to you? Well here at Fuel you can do that. There is a party here three nights a week with our Zumba Classes. Burn calories and while listening to different genres of lively music. Our Zumba instructor is very well known around town for her style of teaching. Come down and give it a try!



Contact us on: 065-6701243

Want to try one our classes?

Name:

Age:

Email:

Which Class would you like to try?

- ☐ Hiit
- ☐ Spinning
- ☐ zumba



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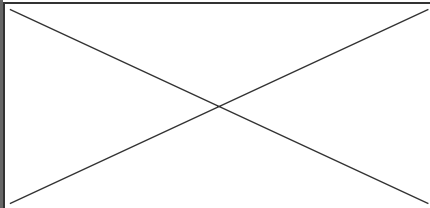
FUEL

[Home](#) | [Classes](#) | [Free Trial](#)

The list of classes we have

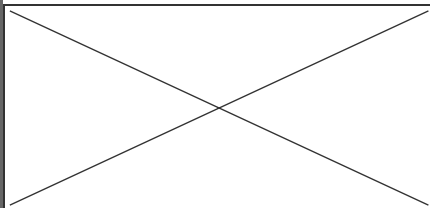
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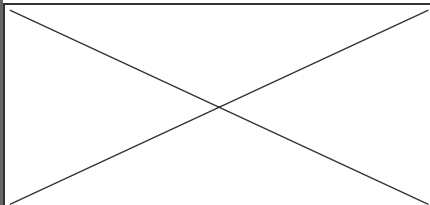
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FUEL

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Which Class would you like to try?

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