

Programme	What is it?	What time / day?	Link	Devised by
Men on the Move – but suitable for everybody who wants to workout at home	A bodyweight exercise programme for men (or women). Use as much or as little of it as you want.	Anytime – available on YouTube FREE	https://www.youtube.com/watch?v=-hnlj-hQBDw&t=2043s	Dún Laoghaire Rathdown Sports Partnership
ExWell@Home	ExWell @ Home is a sophisticated home exercise programme developed by expert team, for people with all types of chronic illnesses.	Monday Thursday and Friday – being developed for delivery through RTE.	https://www.rte.ie/lifestyle/living/2020/0403/1128253-watch-how-to-warm-up-properly-before-exercising/ https://www.exwell.ie/resources	ExWell
Swim Ireland – great maintenance for swimmers during the lockdown	Core Exercises Shoulder Stability Exercises Stretching / Breathing exercises	Anytime – available on YouTube FREE	Core Circuit Workout Video; https://youtu.be/OAdOFtdhkc Shoulder Stability Workout Video; https://youtu.be/1OoH4sOfyzs Stretch & Breathe; https://youtu.be/90uofPPkxhk	Swim Ireland
Children’s Exercise Class	Exercise class for children (and parents) immediately after RTE Home School Hub	12.05pm each day for 30 mins on Facebook Live FREE	https://www.facebook.com/donnadunnefitness/	Donna Dunne Fitness
Free at home workouts / 4 times per week	Workouts are programmed by Watershed Fitness Team and include a variety of movement and activity challenges suitable for the entire family and all age groups.	No set time as yet but Watershed post information at 10am daily	Mobile App: free to download from the IOS or Android App Store Website: www.thewatershed.ie Facebook: www.facebook.com/TheWatershedKilkenny And all the usual social media channels All content including workouts and challenges etc. can be accessed via our Facebook and Instagram pages	The Watershed
Older Adult Exercise	Gentle exercises for older adults and novelty ways of playing Go For Life games	Monday, Wednesday and Fridays at 11am. Videos can be accessed any time FREE	https://www.youtube.com/user/AgeandOpportunity/videos Age & Opportunity Facebook page https://www.facebook.com/AgeandOpportunity/	Age & Opportunity
Strength Training suitable for	A completely new way to exercise, featuring WWE	Anytime – available on YouTube	https://www.specialolympics.org/school-of-strength	Special Olympics

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everybody – great family workout	Superstar Becky Lynch. Work out with these videos five times a week to help you stay fit and reach your athletic goals	FREE		
Karate Classes for children	Parents let your children try a kid’s karate class from the comfort of your own living room. Class will include fitness training, stretching and basic karate techniques. Suitable for kids of all ages (Parents and Teens you are welcome to join in).	Free Facebook Live Kids Karate Class Tuesday 7th April 2020 5pm-5:30pm FREE	https://www.facebook.com/KilkennyKarateClub/ Tune in to Kilkenny Karate Clubs Timeline on Tuesday 7th April at 5pm to watch the class live. Please leave your name in the comments section on Kilkenny Karate clubs Facebook page beforehand	Kilkenny Karate Club
Hurling Skills & PE	A great way to keep the kids entertained, moving and learning new or improving old skills!	Tuesdays and Thursdays at 12 noon FREE	https://www.facebook.com/TJReidFitness/ For main classes join TJ and the team by following these directions: Step 1: Book your spot through our Free TJ Reid Health and Fitness app. Step 2: Make sure you have downloaded zoom.us software on your laptop or download Zoom cloud meeting from your phone. Step 3: You’ll be emailed a link to your class 15 minutes before the class starts. We’ll send you this link to the TJ Reid Health and Fitness app also Step 4: Follow the link to the class Step 5: Wait to be admitted into the class	TJ Reid Fitness
Active Plan for Primary school children	Various, fun athletics drills and challenges	Anytime FREE	https://www.facebook.com/GowranAC/ See Gowran AC page for Primary School challenge chart	Gowran Athletic Club
Gymnastics Programme	Daily Gymnastics Challenges for children posted to Facebook and Instagram to watch and try out.	Posted on a daily basis with a great back catalogue to catch up on. FREE	You can send in your home videos to us to be in with a chance to win a prize! KGA Instagram: https://www.instagram.com/kilkenny_gymnastics_academy/ KGA Facebook: https://www.facebook.com/KilkennyGymnasticsAcademy/	The team at Kilkenny Gymnastics Academy

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Rugby	The games are simple, easy to play, and assist in the development of fundamental movement skills.	The videos are being rolled on Irish Rugby social media channels with a full series to be hosted on YouTube. FREE	https://www.youtube.com/watch?v=4xhmjAFbkpw The videos are available on IRFU social media channels and on YouTube	IRFU
Swimming	A simple circuit to try for swimmers	Instagram FREE	https://www.instagram.com/p/B-ezfoMlclW/?igshid=18dm3mmqwvg7g	Swimmingly
Circuit Training Mobility Programme Hurdles at home	Athletics Ireland is launching a national campaign that aims to keep people active over the coming weeks. We will be offering up tips and advice to help you stay active while adhering to the HSE guidelines	Facebook Daily at 7pm until May 14 th FREE	https://www.facebook.com/AthleticsIreland/	Athletics Ireland
Hockey	Daily Hockey skills challenges. These are small video clips usually less than a minute each. They demonstrate the daily challenge.	Facebook & Instagram page at approx. 12pm each day FREE	https://www.facebook.com/hockeyexpress.ie/ hockeyexpress.ie on Instagram	Hockey Express
Workouts for wheelchair users	Good video content of home workouts suitable for wheelchair users.	On Facebook page and FREE	https://www.facebook.com/WheelyGoodFitness/	Kris Saunders, Wheely Good Fitness
Upper Body, Lower Body, Total Body and HIIT to cater for everyone	Nu Gamma Fitness in St. James park and have closed during this crisis but have been doing free online training videos	On Facebook and YouTube FREE	Facebook group - Nu Gamma Fitvids - https://www.facebook.com/groups/536761530281108/ YouTube Page - Nu Gamma Fitness - https://www.youtube.com/channel/UCjoVxE1oOgqbiglwbxoYepw	NuGamma Fitness
Bodyweight, Kettlebell and Dumbbell workouts	Dee offers a variety of videos for people to use to work out with	On Facebook FREE to use	https://www.facebook.com/pg/Dee-Murphy-Fitness-621261774668187/videos/?ref=page_internal	Dee Murphy Fitness

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Active Aging Classes	Free Active Aging Classes	2pm on Tuesdays via Zoom. Book online	www.compassphysio.ie/pilates	Compass Physio
Wide variety of exercises	Videos and virtual classes	Various times check Facebook for updates	https://www.facebook.com/BodyWorks-Gym-783672548337910/	Bodyworks Gym
Yoga	Free classes to those who lost their source of income and donation based for the rest.	Two classes per week on the Saturday mornings in Zoom	www.mariabyoga.com	Maria Bermejo Yoga
Mixed Workout Chair Exercises for Seniors Private fitness parties	A class / workout for everybody	Delivered through Facebook live and Zoom on various times and dates A mixture of free and paid for classes	https://www.facebook.com/GetFitSmiling/	Get fit Smiling
Chair Gym Circuits	Older Adult workouts	Circuits 11am Facebook Chair Gym 2pm Facebook and YouTube	https://www.facebook.com/SielBleuIreland/	Siel Bleu
Muscle strength for older adults of every level – no equipment needed	Follow Croí's Physical Activity Specialist, Maria, as she brings you through some muscle-building lifts to help tackle the age-associated decline in muscle strength	Facebook / Twitter. Denise and Maria are here if you need support. Contact us through Facebook, by email at healthteam@croi.ie or call 091-544310.	http://croi.ie/resistance-training-at-home/	Croi Heart & Stroke Charity