

energise your life

Winter/Spring

Monday

9.15-9.45	Stretch & Tone	Claire	Studio 7
9.30-10.00	Basic Step	Alanna	Studio 1
10.00-10.30	Circuits	Claire	Balcony
10.00-10.45	Pilates	Amanda H	Studio 7
10.45-11.30	Aerobics & Tone	Amanda H	Studio 4
10.45-11.30	Zumba	Lisa	Studio 7

Tuesday

9.30-10.00	Stretch & Tone	Gillian	Studio 5
10.00-11.00	Creative Dance	Jo	Studio 4
10.00-10.30	Circuits	Gillian	Balcony
10.30-11.00	Sit Fit	Amanda OC	Studio 7
10.30-11.15	Culture Shapes	Louise	Studio 1
11.00-11.50	Pilates	Amanda OC	Studio 7

Wednesday

9.30-10.00	Stretch & Tone	Claire	Studio 7
9.30-10.00	Zumba	Lisa	Studio 4
10.15-11.00	Belly Dancing	Helen	Studio 7
10.00-11.00	Pilates	Lisa	Studio 4
11.00-11.50	Line Dancing	Helen	Studio 7
11.00-11.30	Circuits	Claire	Balcony

Thursday

9.30-10.30	Yoga	Grainne	Studio 6
9.30-10.00	Stretch & Tone	Claire	Studio 7
10.00-10.30	Mixed Aerobics	Amanda H	Studio 7
10.00-10.30	Circuits	Claire	Balcony
10.35-11.20	Pilates	Amanda H	Studio 6
10.45-11.15	Buddy Up	Amanda OC	Studio 1
11.30-12.15	Aqua Attack	Amanda H	Pool



**Activity morning
for the Older
Adult / Over 55 /
GP Referrals**

**Starts Monday
January 9th**

PRICE LIST

Member €4.00

Non Member €7.00

Price per Morning

Before starting Exercise:

If you are new to exercise it is always wise to check with your GP before commencing any new activity. Likewise, if you have a medical condition, injury, or if you are after recent surgery please let your instructor know before the start of the class. This will enable you instructor to offer alternative exercises, suitable to your activity level where appropriate.

Please do not enter a class after it has started- late comers will not be accommodated.