



Exercise and Fitness Programme for the **Older Adult/ Over 55**
 & GP Exercise Referrals, Every Tuesday -Thursday Mornings 9:30am-12:00pm
Summer 2010 June-July

Choose any of the following activities:-

TUESDAY TIMETABLE

9.30-10.00	Claire	Stretch & Tone	Dance Studio
10.05-10.20	Claire	Mardyke Walkers	Track
10.00-10.25	Amanda H	Mixed Aerobics	Dance Studio
10.00-10.30	MA STAFF	Circuits	Ladies Gym
10.30-11.00	Amanda H	Aqua Aerobics	Pool
10.30-11.30	Amanda O'C	Pilates	Dance Studio

THURSDAY TIMETABLE

9.30-9.50	MA STAFF	Mardyke Walkers	Track
9.30-10.00	Louise	Culture Shape Circuits	Dance Studio
10.00-10.45	Amanda H	Pilates	Dance Studio
10.45-11.30	Helen	Line dancing	Dance Studio
11.00-11.30	Amanda H	Aqua Aerobics	Pool
11.00-11.30	MA STAFF	Circuits	Ladies Gym

Member: € 4.00

Non member/ GP Referral: €7.00

Your fitness teams:

<u>Claire Murphy</u> EYL Co-ordinator	<u>Louise Devoy</u> Gypsy Dance	<u>Jo Nichols</u> Creative Dance	<u>Amanda Higgins</u> Aqua/ Mixed Aerobics	<u>Gillian Foley</u> Circuits/ Total Balance balls
<u>Grainne O'Driscoll</u> Yoga	<u>Cornelia Short</u> Circuits/ Stretch & Tone	<u>Helen Conroy</u> Belly/Line- Dancing	<u>Amanda O'Callaghan</u> Pilates/ Sit Fit/ Buddy Up	

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.