



**Mardyke Arena**  
UNIVERSITY COLLEGE CORK

# Energise Your Life

## Older adult over 55/ Exercise Referrals

### MONDAY

09:35-10:00	Circuits	Balcony	Gillian
09:30-10:00	10.10.10	Studio 7	Kelly
10:05-10:30	Indoor Cycling	Studio 3	Cornelia
10:00-10:30	Mixed Aerobics	Studio 7	Lisa
10:35-11:30	Pilates	Studio 7	Lisa
10:35-11:00	Stretch & Tone	Studio 1	Gillian

### TUESDAY

09:30-10:00	Stretch & Tone	Studio 7	Arnolda
09:15-10:00	Yoga	Studio 4	Katie
10:05-10:30	Indoor Cycling	Studio 3	Claire
10:00-10:30	Aerobics	Studio 1	Arnolda
10:35-11:05	Circuits	Balcony	Claire
10:35-11:25	Pilates	Studio 1	Amanda

### WEDNESDAY

09:30-10:30	Yoga	Studio 4	Katie
09:30-10:00	Men's Only Circuits	Balcony	Glenn
10:00-10:30	Step Aerobics	Studio 7	Arnolda
10:30-11:00	Express Pilates	Studio 4	Claire
10:30-11:00	Belly Dancing	Studio 7	Helen
11:10-12:00	Line Dancing	Studio 7	Helen
11:00-11:30	Circuits	Balcony	Claire

### THURSDAY

09:45-10:10	Strength & Tone	Studio 7	Claire
09:45-10:15	Circuits	Balcony	Cornelia
10:15-10:45	Indoor Cycling	Studio 3	Claire
10:15-10:45	Aerobics	Studio 7	Niamh L
10:50-11:50	Pilates	Studio 7	Niamh L
10:50-11:20	Express Pilates	Studio 5	Claire

#### Price per morning:

Members €4.00 /Non Members €7.00

Please check with your Doctor before commencing any new activity.

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

For further queries, please contact:  
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[www.mardykearena.com](http://www.mardykearena.com)

