

ENERGISE YOUR LIFE PROGRAMME – 2023

Older Adult 55+ Fitness Programme

Starts Monday- September 11th

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.35-10.20	Reformer Pilates	Studio 2	Cornelia
10.30-11.30	30/30	Studio 7	Claire

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.35-10.20	Reformer Pilates	Studio 2	Gillian
10.30-11.30	Yoga	Studio 7	Diego

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.35-10.20	Reformer Pilates	Studio 2	Brid
10.30-11.30	Functional Training	Studio 7	Glenn

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.35-10.20	Reformer Pilates	Studio 2	Claire
10.30-11.30	Dance Fit	Studio 7	Hannah
11.30-12.00	Pilates	Studio 7	Hannah

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. * Minimum of 4 to run a class
- Mats are not provided but can be purchased from Reception.
- If you are new to exercise we advise you to check with your General Practitioner for clearance before commencing any Physical Activity.
- Please check in with class instructor before class begins
- Late comers will not be accommodated

Price: 1hr Class: Member- €4.50/ Non-Member- €7.50

1/2hour Class- Member-€2.50/Non-Member €3.50

Reformer Pilates: Members €7.00 /Non-Members €10

