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| **ENERGISE YOUR LIFE PROGRAMME – 2024**  **Older Adult 55+ Fitness Programme**  **-January 8th** | | | |
|  |  |  |  |
| **MONDAY** |  |  |  |
| **TIME** | **CLASS** | **STUDIO** | **INSTRUCTOR** |
| 09.35-10.20 | Reformer Pilates | Studio 2 | Cornelia |
| 10.30-11.30 | 30/30 | Studio 7 | Olga |
|  |  |  |  |
| **TUESDAY** |  |  |  |
| **TIME** | **CLASS** | **STUDIO** | **INSTRUCTOR** |
| 09.35-10.20 | Reformer Pilates | Studio 2 | Brid |
| 10.30-11.30 | Yoga | Studio 7 | Diego |
|  |  |  |  |
| **WEDNESDAY** |  |  |  |
| **TIME** | **CLASS** | **STUDIO** | **INSTRUCTOR** |
| 09.45-10.30 | Pilates | Studio 1 | Claire |
| 10.30-11.30 | Functional Training | Studio 7 | Glenn |
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| **THURSDAY** |  |  |  |
| **TIME** | **CLASS** | **STUDIO** | **INSTRUCTOR** |
| 09.35-10.20 | Reformer Pilates | Studio 2 | Megan |
| 10.30-11.30 | Strength & Tone | Studio 7 | Kaitlyn |

* 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.

Member- €4.50/ Non-Member- €7.50

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