



ENERGISE YOUR LIFE PROGRAMME

Older Adult 55yrs+ Fitness Programme

From January 5th 2026

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Cornelia
10.30-11.10	Revelate Gold	Blue Gym	Gillian
11.15-12.00	Zumba*	Studio 1	Karen

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Gillian
10.30-11.15	Revelate Strong	Blue Gym	Megan
11.25-12.10	20/20	Studio 7	Jake

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Brid
10.30-11.15	Functional Training	Studio 7	Glenn
11.15-12.00	Mat Pilates	Studio 5	Dereck

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Megan
10.30-11.15	Total Fitness	Studio 7	Adam
11.25-12.10	Yoga	Studio 4	Joanne

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. * Minimum of 4 bookings to run a class
- Please bring a Mats as they are not provided.
- 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: Member- €5.00/ Non-Member- €8.00

Reformer Pilates: Members €7.50 Non-Members €10.5