

# ENERGISE YOUR LIFE PROGRAMME

**Older Adult 55yrs+ Fitness Programme**  
**From January 5<sup>th</sup> 2026**

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	<b>Reformer Pilates</b>	Studio 2	Megan
10.30-11.15	<b>Total Fitness</b>	Studio 7	Adam
11.25-12.10	<b>Yoga</b>	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**