



Mardyke Arena

UNIVERSITY COLLEGE CORK

Energise Your Life Programme

Older Adult 55yrs+

Summer 2025- Tuesday June 3rd

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	Reformer Pilates	Studio 2	Gillian
10.30-11.15	Reformer Pilates	Studio 2	Megan
10.30-11.15	Revelate Gold	Blue Gym	Adam

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
10.30-11.15	Functional Training	Studio 7	Glenn
11.15-12.00	Pilates	Studio 1	Brigitte

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	20:20	Studio 7	Sinead
10.30-11.15	Stretch & Tone	Studio 7	Adam

- 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: Member- €5.00/ Non-Member- €8.00

Reformer Pilates/ Revelate Gold: Members €7.50/ Non-Members €10.50