



GROUP FITNESS TIMETABLE

AUTUMN-WINTER 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00am - 10.45am		SHAPE & TONE ★★		SHAPE & TONE ★	
11.00am - 11.45am	AQUA FIT ★	AQUA FIT ★	AQUA FIT ★	AQUA FIT ★	AQUA FIT ★
6.30pm - 7.15pm		AQUA FIT ★			AQUA FIT ★
7.00pm - 8.00pm	BOOTCAMP ★★★		20/20/20 ★★★★		

Easy★ Intermediate★★ Hard★★★★
 Non Members - €7 | Members-€5 | Aqua Fit free for members

Opening Hours: Monday - Friday 7am - 10pm | Saturday - Sunday 9am - 8pm. Contact: 057 9120791

AQUA FIT → Get fit with this challenging water workout. A class for everyone, especially for those with joint ailments or injuries.

20/20/20 → This hour long class is broken up into 3 x 20 minute segments. An intense mix of cardio, strength training & toning exercises.

BOOTCAMP → Enjoy a refreshing mix of exercises with this circuit class. A bootcamp style class makes it possible for instructors to deliver a new routine every week, just to keep participants on their toes!

SHAPE & TONE → Shape up & have fun. Suitable for all ages & abilities.