

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			Aqua Aerobics 11.30-12.15pm (Free)		Kids swimming Lessons 9.00AM (€60 = 6 WEEKS)	
Power Half Hour 13.15-13.45 (Free)	Lunchtime 30 Spin 13.15- 13.45 (Free)	Power Half Hour 13.15-13.45 (Free)	Lunchtime 30 Spin 13.15- 13.45 (Free)	Lunchtime Power 30 Spin 13.15- 13.45 (Free)	30 Spin 11.00-11.30 (Free)	
30 Spin 6.30-7.00 pm (Free)	30 Spin 6.30-7.00pm (Free)	30 Spin 6.30-7.00pm (Free)	Aqua Aerobics 6.30-7.15 pm (Free)		Body Sculpt 11.45-12.15 (Free)	
Aqua Aerobics 6.30 -7.15pm(Free)	Total Tone 7.15-7.45 pm (Free)	Body Sculpt 7.05-7.35 pm (Free)	Shift n'Lift 7.30-8.15 pm (Free)			
Body Sculpt 7.15-7.45 pm (Free)	Triathlon Class 8.00pm- 9.30pm Free					
Anna's Kick & Tone 8.00-8.45 pm (Free)		ADULTS SWIM- MING LESSONS 8:30 PM (€60 = 6 WEEKS)				

Class Descriptions

30 Spin: (Free)

An excellent cardiovascular work out to help burn those unwanted pounds. Great fun and a friendly class environment.

Power 30 Spin (Free)

A great cardio and muscular endurance class which combines the two elements together to give the body a great workout and an overall great feel.

Power Half Hour (Free)

This class is designed to make the most of your lunch break, with tailored exercises to give those muscles a maximum burn. Leaving you full of energy to power through the rest of the day.

Total Tone (Free)

This Class provides the perfect mix for those looking to tone up using light resistance and also having the benefit of a cardio workout. It is a balanced workout between step aerobic and body sculpt.

Kick & Tone: (Free)

This class is excellent for both weight loss and improving fitness. It consists of aerobic activity with martial arts techniques (punches and kicks) work in pairs and stretching at the end. Suitable for all levels of fitness.

Shift n' Lift (Free)

Our new class combines cardio and resistance training in one. This workout includes 10 minutes of indoor cycling to improve your cardiovascular fitness level and 10 minutes of weights training exercises to improve muscle tone and definition. In the end of the class you also have abs workout. This format is one major calorie burner!

Body Sculpt Combo: (Free)

An excellent class for gaining the toned body you always wanted, using a selection of light weights and body weight exercise for that full body toning workout, Extra stretching at the end of class.

Aqua Fit: (Free)

This class is excellent for people seeking to tone but are unable to take much impact on the joints or are recovering from injury. The water itself creates the resistance. You will burn a lot of calories so remember this is a serious workout and you will be sweating in the water without even noticing it!

Triathlon Class (Free)

This combines the three elements of the triathlon the swim, the cycle, the run into one class to help participants to get the best times during the event

