

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			Aqua Aerobics 11.30-12.15pm (Free)	NEW Anna's Kick & Tone 11.00-11.45 (Free)	Kids Swimming Lessons Beginner 1 & 2 & Improver 9-11AM & 1-2PM	
	Lunchtime Spin 13.15– 13.45 (Free)		Lunchtime Spin 13.15– 13.45 (Free)			
Spinning (Beginner) 6.30-7.00 pm (Free)	Spinning (Beginner) 6.30-7.00pm (Free)	Spinning (Advanced) 6.30-7.15pm (Free)	Aqua Aerobics 6.30-7.15 pm (Free)			
Aqua Aerobics 7.30-8.15pm (Free)	Body Sculpt 7.15-7.45 pm (Free)	Body Sculpt Combo 7.30-8.00 pm (Free)	NEW Anna's Kick & Tone 7.30-8.15 pm (Free)			
	Pilates 08.00-8.45pm (€40 = 4 weeks)	Yoga 8pm (€40 = 4 weeks)				
			Swimming Lessons Group Adults 8.30pm			

Class Descriptions

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) circuit and stretching at the end. Suitable for all levels of fitness.

Aqua Fit: (Free)

This class is excellent for people seeking tone but are unable to take much impact on the joints or are recovering from injury. The water itself creates the resistance.

Ab Attack:(Free)

This is a floor based class targeting middle body for toning with big emphases on stomach area.

Body Sculpt : (Free)

An excellent class for gaining the toned body you always wanted, using a selection of light weights with a set number of repetition's, extra stretching at the end of class.

Cycle Reebok/Spinning: (Free)

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

Body sculpt Combo: (Free)

A combination of Tummy Blast and weight training. It is designed for deep conditioning of tummy muscles and full body work out. An excellent class for toning.

Pilates: (Chargeable)

A great body class with focusing on strength, stability and flexibility to boost mind and body harmony.

Yoga: (Chargeable)

This class is excellent to improve mental abilities, increase focus, concentration, memory and learning. Yoga is a one of Hindu philosophy focusing on meditation as a path to self-knowledge.

