

Fitness Classes

Commencing-Monday 30th January-Sunday 1st April 2012.

With Instructors; Serena, Maria, Noreen, Liam, William & Padraig



Day	Time	Class	Level	Cost	
				Non-members & swim-only members	Full Members
Monday	9.15-10.00	Bums & Tums	All Levels	€8	Free
	16.00-17.00	Teen-fit (ages 11-17)	All Levels	€6	Free
	18.30-19.15	Step & Tone	All levels	€8	Free
	19.15-19.45	Super Abs	All Levels	€8	Free
	20.00-20.45	Aqua - Aerobics	All Levels	€8/ €2.50	€2.50
Tuesday	9.30-10.00	Fitness Pilates (Commencing on the 14 th of Feb. till the 20 th March. 6 weeks)	All Levels	€10 6wk:Course Fee: €50	€6 6wk- Course Fee €30
	13.10-13.55	Gymsticks	All Levels	€8	€4
	16.00-17.00	Teen-fit (ages 11-17)	All Levels	€6	Free
	18.30-19.15	Gymsticks	All Levels	€8	€4
	19.30-20.15	Total Body Blast	All Levels	€8	Free
	19.45-20.45	Water Polo	All Levels	€8	€2.50
	20.30-21.00	Fitness Pilates (Commencing on the 14 th Feb – 20 th March 6 week course)	Beginners	€10 6wk:Course Fee: €50	€6 6wk- Course Fee €30
Wednesday	8.30-9.15	Aqua - Aerobics	All Levels	€8/€2.50	€2.50
	16.00-17.00	Teen-fit (ages 11-17)	All Levels	€6	Free
	18.30-19.15	Step & Tone	All levels	€8	Free
	19.15-19.45	Super Abs	All Levels	€8	Free
	20.00-20.45	Aqua - Aerobics	All Levels	€8/ €2.50	€2.50
Thursday	9.30-10.30	Gymsticks (commencing 9th Feb)	All Levels	€8	€4
	11.00-11.30	Active 55 Programme	All Levels	€2.50	Free
	13.10-13.55	Gymsticks (commencing 9th Feb)	All Levels	€8	€4
	16.00-17.00	Teen-fit (ages 11-17)	All Levels	€6	Free
	18.30-19.15	Total Body Blast	All Levels	€8	Free
	19.30-20.15	Gymsticks (commencing 9th Feb)	All Levels	€8	€4
Friday	10.00-10.45	ARG Aqua Aerobics	All Levels	€6	€2.50
	16.00-17.00	Teen-fit (ages 11-17)	All Levels	€6	Free
	19.15-19.45	Super Abs	All Levels	€8	Free
	20.00-20.45	Aqua - Aerobics	All Levels	€8/ €2.50	€2.50
Saturday	10.00-10.45	Step Blast	All levels	€8	Free
	10.45-11.15	Super Abs	All Levels	€8	Free
Saturday & Sunday	14.00-15.00	Teen-fit (ages 11-17)	All Levels	€6	Free

Class Description

Bums & Tums: Bums & Tums classes are relatively low intensity classes to music designed to improve fitness and work on the bum and stomach area. This class focuses on toning problem areas while also improving your fitness.

Teenfit: Is exclusively for teenagers aged 11-17years and is suitable to all fitness levels and abilities. The concept is use of all cardio machines for a 60min aerobic workout. Teen fit is supervised at all times by our qualified gym instructors.

Step & Tone: Is an aerobic workout Step 'n Tone is a high energy workout with co-ordinated movements using adjustable step platforms. It is an all over workout that gives you good fat burning and good toning all in one go. The choreography is broken down and options are given for beginners and advanced steppers.

Super Abs: Is a 30 minute abdominal class concentrating toning the abdominal area. Learn to condition the abdominal muscles more effectively by directly targeting them and by working the abs from a variety of angles. Remember core strength is the key to functional strength and a healthy back.

Aqua Aerobics: Is the performance of aerobic exercise in shallow water of the swimming pool. The main purpose of aqua aerobics is to improve cardiovascular conditioning. Because of the water's resistance, water exercise can also improve your strength and flexibility, leading to better muscular endurance and balance.

Fitness Pilates: Is a method of exercise and physical movement designed primarily to stabilize the core muscles producing more effective stretching, strengthening and balancing of the body. One will undertake specific exercises coupled with focused breathing patterns to engage the inner core muscles.

Fitness Pilates Course- is a 6wk course- one class per week. It involves specific exercises coupled with focused breathing patterns to engage the inner core muscles. This is a great course which covers exercises to strengthen your back, improve your posture, core stability while helping to tone the whole body. Want to lose those extra inches!!?? Then book in!!!!!!

Total Body Blast: these workouts are efficient because you work your entire body-- heart and muscles--by going from one exercise to another (equivalent to circuit training) with no rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. Your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

Active 55 Programme- A class designed for 55+ years of age and for those who are interested in a mildly intense workout. The class includes warm-up, cardio and strength training followed by a relaxing stretch. Come join our enthusiastic group of seniors!

Legs, Bums & Tums- A class targeting the lower body, incorporating aerobic exercise and resistance exercises to tone the legs, bums and tummy areas.

Step Blast- is a 45 minute workout that keeps you energized from start to finish. It is a high intensity step workout which features aerobic dance moves, high/low circuit training.

Gymsticks- is a fitness tool designed to simply and effectively combine cardiovascular training, muscular endurance, strength and flexibility training. The Gymstick is an innovative fitness tool that combines the stick and the resistance bands to provide an overall body workout. Will improve muscle strength and endurance, balance, joint stability, coordination and postural awareness. It adds variety to traditional types of exercises by adding resistance that is not reliant on the body's position in relation to gravity. The risk of injury is minimal because the exercise bands are pulled from below the centre of gravity.

Classes must be pre booked a day in advance to secure your place and avoid disappointment.

