

0504-58640

FITNESS CLASS TIMETABLE

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Effective from 14th September 2020

MONDAY

Fitness Pilates

9.30am-10am

Beginners

Fitness Pilates

10.30am-11.am

Indoor Cycle

6.30pm-7pm

Indoor Cycle

7.30pm-8pm

TUESDAY

Sculpt & Tone

9am-9.30am

Active 55

11am-11.30 am

Fitness Pilates

7-7.30pm

Step & Tone

8-8.45pm

WEDNESDAY

Active 55

11-11.30am

Indoor Cycle

6.45-7.15pm

Indoor Cycle

7.30-8pm

THURSDAY

Sculpt & Tone

9.30am-10.am

Active 55

11am-11.30am

Indoor Cycle

7-7.30pm

&

8pm-8.30pm

FRIDAY

Bum Blaster

9am-9.30am

Aqua Aerobics

9.45am-10..30am

Indoor Cycle

5.30-6.00pm



Thurles Leisure Centre
Cathedral Street, Thurles, Co. Tipperary
Phone: 0504-58640 Email: reception@thurleslc.ie
www.thurleslc.ie

Teen Gym (16 years)
Weekdays 4-5pm
Saturday & Sunday's 11

FITNESS CLASS DESCRIPTION

Indoor Cycle

Using a stationary bike, this class will build your strength and endurance while improving your overall fitness levels while burning calories and having fun.

Price: €5 Non Members & €3 Members

Fitness Pilates

Pilates focuses on rebalancing the body and improving posture through slow, controlled movements and exercises. It concentrates on core strength which is the foundation of Pilates exercises. Low-impact exercises can improve your health and fitness without harming your joints and it incorporates relaxation music aimed to alleviate stress; a class benefiting the body and mind!

Price : €8 Non Members & €4 Members

Sculpt & Tone

A total body workout utilizing light weights and variable impact aerobics to sculpt and tone. It's a great high-intensity class with the best of fat incinerating aerobics, muscle conditioning and abdominal work.

Price: €4 Non Members & €2 Members

Aqua Aerobics

This class is a medium intensity aqua class that is carried out in the shallow end of the pool. It combines even segments of cardio and strength training using mitts/aqua bells/ woggles as resistance for the upper body and core strength. A fun workout not to be missed!!!!

Price: Senior Non Members €6, Non Member €8 & Members €4

Active 55

Enjoy an easy-to-follow workout that will increase your energy and stamina. Light weight resistance included.

Price: €2.50 Non Members & Free Members

Step & Tone

Full body cardio workout to make you feel uplifted, to build stamina and tone & shape legs and gluteus.

Price: €4 Non Members & €2 Members

Bum Blaster

30 minute workout working on your glutes, legs and core muscles

Price: €4 Non Members & €2 Members