

0504-58640

FITNESS CLASS TIMETABLE

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Effective from 1st November 2021

MONDAY

Fitness Pilates

9.30am-10am

Teen Gym

4.00-5.00pm & 5.15-6.15pm

Step Aerobics

6.30-7pm

Aqua Aerobics

8-8.45pm

TUESDAY

Active 55

10-10.30am & 11am-11.30 am

Teen Gym

4.00-5.00pm & 5.15-6.15pm

Fitness Pilates

7-7.30pm

WEDNESDAY

Aqua Aerobics

8.30am -9.15am

Sculpt & Tone

9.30am-10am

Teen Gym

4.00-5.00pm & 5.15-6.15pm

THURSDAY

Active 55

10-10.30am & 11am-11.30am

Teen Gym

4.00-5.00pm & 5.15-6.15pm

Indoor Cycle

7-7.30pm

FRIDAY

Aqua Aerobics

9.45-10.30am

Teen Gym

4.00-5.00pm & 5.15-6.15pm

Body SWEAT

6.30-7pm



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

Teen Gym (12-16 years)
Saturday & Sunday's
13.45-14.45pm & 3-4PM

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: €8

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

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 €6, €8

Active 55

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

Price: €2.50

Step & Tone

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

Price: €5

HIIT

A great full body workout. Short bursts of intense exercise to boost metabolism and build strength.

Price €5

Sweat Class

Sweat class is a full-body intense workout using a mix of resistance training and cardio exercises, both are good for helping weight loss. Does sweat class burn fat? Sweat classes maximises energy expenditure which can help to aid weight loss by keeping you active throughout the entire workout.

Price €5