

0504-58640

# FITNESS CLASS TIMETABLE

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Effective from 25th April 2022

## MONDAY

### Fitness Pilates

9.30am-10.15am

### Beginners Fitness Pilates

10.30-11.15am

### Teen Gym

3pm-7pm

### Aqua Aerobics

8-8.45pm

## TUESDAY

### Active 55

10-10.45am &  
11am-11.45am

### Teen Gym

3pm-7pm

### Fitness Pilates

7.30pm-8.15pm

## WEDNESDAY

### Aqua Aerobics

8.30am -9.15am

### Teen Gym

3pm-7pm

### Aqua Aerobics

7.45-8.30pm

## THURSDAY

### Active 55

10-10.45am &  
11am-11.45am

### Teen Gym

3pm-7pm

## FRIDAY

### Aqua Aerobics

9.00-9.45am

### Teen Gym

3pm-7pm



Thurles Leisure Centre  
Cathedral Street, Thurles, Co. Tipperary  
Phone: 0504-58640 Email: [reception@thurleslc.ie](mailto:reception@thurleslc.ie)  
[www.thurleslc.ie](http://www.thurleslc.ie)

**Teen Gym (11-16 years)**  
**Saturday & Sunday's**  
**11am-4pm**

# FITNESS CLASS DESCRIPTION

## 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 Free for 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 €6 Non Member €8 . Members €5**

## Active 55

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

**Price: €2.50**