

0504-58640

FITNESS CLASS TIMETABLE

0504-58640

Effective from 13th March 2023

MONDAY

Teen gym
3pm-7pm

Yogalates
6pm-6:45pm
(pay as you go)

Yogalates Course
7pm-7:45pm

Aqua Aerobics
8pm-8:45pm

TUESDAY

Yogalates
9am-9:45am

Active 55
10-10:45am

Spin Lunch
1:15pm-1:45pm

Teen Gym
3pm-7pm

WEDNESDAY

Aqua Aerobics
8:30am -9:15am

Teen Gym
3pm-7pm

Yogalates
6pm-6:45pm
(pay as you go)

Yogalates Course
7pm-7:45pm

Aqua Aerobics
8pm-8:45pm

THURSDAY

Active 55
10am-10:45am

Teen Gym
3pm-7pm

Barbell Class
7pm-7:45pm

FRIDAY

Aqua Aerobics
9am-9:45am

Spin Lunch
1:15pm-1:45pm

Teen Gym
3pm-7pm



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

Teen Gym (11-16 years)
Saturday & Sunday's
11.00am -4.00pm

FITNESS CLASS DESCRIPTION

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
Member €5

Active 55

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

Price: €2.50

Yogalates

An exercise technique that combines the benefits of strength training of Pilates and the flexibility of yoga in the one session

Price: €8 (Course available)

Lunch Spin Class

An intense 30 minute spin class that will leave you feeling energised with a huge calorie burn.

Price: €5

Barbell

A fitness class in which participants combine continuous cardiovascular activity with light to moderate weight training

Price: €8

Pre-booking for classes is essential, call us on 0504 58640 to book your place