

0504-58640

FITNESS CLASS TIMETABLE

0504-58640

Effective from 10th January 2023

MONDAY

Teen gym
3.30pm-6pm

NEW!!!
Functional Training
6pm-6:45pm

Yogalates
7pm-7:45pm

Aqua Aerobics
8pm-8:45pm

TUESDAY

Stretch and
Mobility
9am-9:45am

Active 55
10-10:45am

Teen Gym
3.30pm-6pm

WEDNESDAY

Aqua Aerobics
8:30am -9:15am

Teen Gym
3.30pm-6pm

NEW!!!
Functional Training
6pm-6:45pm

Yogalates
7pm-7:45pm

Aqua Aerobics
8pm-8:45pm

THURSDAY

Active 55
10am-10:45am

Teen Gym
3.30pm-6pm

FRIDAY

Aqua Aerobics
9am-9:45am

Beginners
Active 55
10am-10.30am

Teen Gym
3.30pm-6pm



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: €3

Beginners Active 55

This class is ideal for anyone 55 years & over who would like to improve their fitness levels or who have been advised by a medical professional to take part in physical activity.

Price: €3

Functional Training

This fitness class is strength training that readies your body for daily activities, like bending, twisting, lifting, pushing, pulling etc.

Price: €10

Yogalates

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

Price: €10

Stretch and Mobility

The perfect combination of strength, flexibility and stability, bridging the gap between fitness and yoga

Price: €10

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