

0504-58640

FITNESS CLASS TIMETABLE

0504-58640

May 1st—May 31st 2024

MONDAY

Teen gym
3.30pm-6pm

NEW!!!
Step & Tone
6pm-6:45pm

Legs, Bums & Tums
7pm-7:45pm

Aqua Aerobics
8pm-8:45pm

TUESDAY

Stretch and Tone
9am-9:45am

Active 55
10-10:45am

Teen Gym
3.30pm-6pm

NEW!!
Indoor Cycle
6.30pm-7pm

WEDNESDAY

Aqua Aerobics
8:30am -9:15am

NEW!!!
Kettlebells
6pm-6:45pm

Yogalates
7pm-7.45pm

Aqua Aerobics
8pm-8:45pm

THURSDAY

Active 55
10am-10:45am

Teen Gym
3.30pm-6pm

NEW!!
Body Pump
6.30pm-7.15pm

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

Indoor Cycle

Combining a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout.

Price: €6 (May Madness Offer)

Yogalates

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

Price: €6 (May Madness Offer)

Legs, Bums & Tums

A full body aerobic workout that aims to tone up thighs, bum and stomach .

Price: €6 (May Madness Offer)

Kettlebells

Kettlebell training requires you to hold the weight in one or both hands and go through a variety of swings, presses or pulling motions.

Price: €6 (May Madness Offer)

Step Aerobics

An easy to follow cardio and toning workout using a step, together with body conditioning exercises to burn calories and strengthen and tone muscles in the entire body

Price: €6 (May Madness Offer)

Body Pump

Body Pump is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.

Price: €6 (May Madness Offer)

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