

# Club Vitae New Year Time Table 2012




Monday	Tuesday	Wednesday	Thursday	Friday
<b>Studio Mash-up</b> 9.30-10.15am 	<b>Aqua Aerobics</b> <u>10.15am – 11am</u>  6.30pm – 7.15pm	<b>KettleBell</b> 9.30am – 10am 	<b>BOOT CAMP</b>  9.30am – 10.15am	<b>Body Tone</b> 9.30am – 10am 
<b>KettleBell</b> 6.15pm – 6.45pm 	<p><b>*Kids Jan Lessons Swimming lesson times</b></p> <p>Tuesday 3.45pm - 5.45pm Thursday 3.45pm – 6.15pm Saturday 9am – 12pm</p> <p><i>Jan 10<sup>th</sup> – Feb 18<sup>th</sup></i></p> <p><b>Boot Camp</b></p>	<p><b>Ab's Attack</b>  <i>5.30pm – 5.45pm</i>                      15 minute Core workout!</p>	<b>Aqua Aerobics</b> <u>10.15am – 11am</u>  6.30pm – 7.15pm 3 month Pool membership and up to 48 Aqua classes available for €90, ask at desk for more info!	<p><b>*Zumba €6</b>                      10.45am – 11.45am                      Contact Suzanne on 087 1448052</p> 
<b>Studio Mash-up</b> 7pm – 7.45pm ½ cycle and ½ instructor's choice! 		<p><b>Body &amp; Soul</b>                      10% off for Club Vitae members' midweek!!                      05786 95933 for more info on treatments and offers.</p> <p><b>*Yoga</b>  <b>Wednesday &amp; Thursday</b>                      Contact David for more information on 086 8374356</p> 	<p><b>Bums, Tums &amp; Thigs</b>  <i>5pm – 5.15pm</i>                      15 minute lower body work out!</p>	<p>*These classes are pre paid, Information at reception.</p> <p>All additional Classes are open to members (FREE) and nonmembers (€7)</p> <p><b>KettleBell</b>                      6.15pm – 6.45pm</p>
<b>Water Training for men</b>				

Due to limited places per class; please pre-book your place at the reception desk in Club Vitae or contact us on 05786 95960.

\*\*\*Minimum of 3 people per class lasting 30 mins+

\*\*Minimum of 2 per class lasting 15 mins+

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<p>7.30pm – 8.15pm</p> 	 <p>7.30pm – 8.15pm Circuit training for all fitness levels!</p>	<p><b>Mixed Aqua Aerobics</b> <b>7pm – 7.45pm</b></p>	<p><b>*Pilates</b> (General, Ante &amp; Post Natal classes available!) Contact Catherine on 0860697078</p>	<p>KETTLEBELL MAJSTER</p> 
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## OPENING TIMES:

**Monday – Friday:** 7am – 10pm

**Sat – Sun & Bank Holidays:** 8am – 8pm

(Please vacate pool and gym  
**30 minutes** before closing time)

## CHILDREN swim hours:

**Monday – Sunday:** Opening – 6.45pm

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\*\*\*Minimum of 3 people per class lasting 30 mins+

\*\*Minimum of 2 per class lasting 15 mins+

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Please note; Children under the age of 16 are not permitted to use the sauna, steam room or Jacuzzi.

Children under 16 must be accompanied by an adult in the water and must not be left unsupervised in the pool at any time.

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\*\*\*Minimum of 3 people per class lasting 30 mins+

\*\*Minimum of 2 per class lasting 15 mins+