


All classes are FREE of charge with the exception of the Specialist & Swimming classes which are charged per course; ask at reception for more details. All Specialist classes must be booked in advance through club reception.

To ensure your place in any of the free classes just phone ahead the day of the class and we will gladly reserve you a spot.

April-June 2010

Day/Time	Class	Level	Class Colour Code	Instructor
Monday				
10.30am	Tone & Sculpt	All		Julie
11.00am	Water Babies			Emer
6.00pm	Boxercise	All		David
6.45pm	Ab Attack	All		David
7.00pm	Running Group	All		David
Tuesday				
7.00am	Breakfast Club Spinning	All		David
10.30am	Pilates	All		Julie
11.00am	Aqua Fit	All		David
4.00pm	Children's Swim Lessons	Beginners		Emer
4.40pm	Children's Swim Lessons	Improvers		Emer
5.20pm	Children's Swim Lessons	Advanced		Emer
6.00pm	Children's Swim Lessons	Elite		Emer
6.00pm	Bootcamp	All		Pat
7.00pm	Power Yoga	All		Niamh
8.00pm	Pump Cycle Spinning	All		Pat
9.00pm	Ab Attack	All		Pat
Wednesday				
10.30am	Tone & Sculpt	All		Leighton
4.00pm	Children's Swim Lessons	Beginners		Greg
4.40pm	Children's Swim Lessons	Improvers		Greg
5.20pm	Children's Swim Lessons	Advanced		Greg
6.00pm	Step Aerobics	All		Jennifer
7.00pm	Ab Attack	All		Jennifer
7.30pm	Zumba	All		Dara
Thursday				
7.00am	Breakfast Club Spinning	All		David
11.00am	Aqua Fit	All		David
4.00pm	Children's Swim Lessons	Beginners		Emer
4.40pm	Children's Swim Lessons	Improvers		Emer
5.20pm	Children's Swim Lessons	Advanced		Emer
6.00pm	Pump Cycle Spinning	All		Pat
7.00pm	Pilates	All		Julie
7.30pm	Adult Beginners Swim Lessons	Beginners		Emer
7.45pm	Pilates Level 2	All		Julie
8.00pm	Adult Improvers Swim Lessons	Improvers		Emer
8.30pm	Ab Attack	All		Pat
Friday				
10.00am	Power Yoga	All		Niamh
11.00am	Tone & Sculpt	All		Eginta
Saturday				
10.00am	Children's Swim Lessons	Beginners		Tony
10.40am	Children's Swim Lessons	Improvers		Tony
11.20am	Children's Swim Lessons	Advanced		Tony
4.00pm	Children's Splash Mania	All		Lifeguard
Sunday				
4.00pm	Children's Splash Mania	All		Lifeguard

Class Colour Code

Cardio	Cardio & Toning	Core Strength & Stability	Specialist	Running Group	Swimming	Fitness Fun
Free Starting from 12 th April	Free Starting from 12 th April	Free Starting from 12 th April	8 week courses Starting from 13 th April	Free Starting from 12 th April	8 week courses Starting from 13 th April	Free Starting from 17 th April

Old Favourites

Pump Cycle Spinning:

A fun and challenging indoor workout that takes you outside! A workout through a variety of scenarios such as valleys, climbs, sprints and downhill races on your fixed wheel stationary bike. Guaranteed to burn calories and condition your body.

Breakfast Club Spinning:

Start your day the right way with this intensive 30min spinning class. This class will wake you up and get your metabolism revved up for the day.

Pilates:

Promotes deep muscle toning for inch loss and emphasises core strength, stability, flexibility and relaxation. One of the newest and most innovative ways of working out, Pilates has taken the exercise world by storm.

Tone & Sculpt:

Define and sculpt your body to the shape you want with this combination of aerobic and resistance workout.

Aqua Fit:

Train without the strain; join David for this tension free / low impact class which is great fun in the pool. Aquafit, as it suggests is exercising in the water. Aquafit is suitable for participants of all ages, sexes, and fitness levels. It tones up the muscles and reshapes the body, as exercising in water is 12 times harder than on land. You don't even need to be able to swim!!!

Ab Attack:

This is the class for you! 15 minute class focusing directly on core muscle groups in the mid-trunk area, which will result in better posture and a flatter tummy.

Power Yoga:

Yoga with a modern flavour! This new style of yoga is taking the world by storm, with the endorsement of Madonna & J-Lo, amongst others! It also helps with conditions such as back problems, sleeping difficulties, stress and asthma.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The Zumba goal is simple: we want you to want to workout, to love working out. Zumba is an exhilarating calorie-burning, heart-racing, muscle-pumping, body-energising, awe-inspiring movements meant to engage and captivate for life.

Step Aerobics:

Get your heart and lungs pumping to the ultimate workout for toning legs and bum!

Children's Splash Mania:

Great entertainment and fun with large floats and our inflatable Jet skis, have fun!

Boot Camp:

This circuit workout is open to both males and females and is appropriate for all levels and abilities. Each exercise has a beginner, intermediate and advanced level where you can work at your own pace. Circuit Training can greatly improve body shape, tone and can dramatically improve your general fitness level.

Swimming Lessons:

All levels and abilities catered for whether you're an adult looking to learn to swim improve your stroke, or you want to book in a child for the kids lessons. Check out our wide variety of swim lessons to choose from

New for April

Boxercise:

Boxercise has developed and adapted age old training principles to form a fun, addictive, safe, stress busting workout suitable for all ages and levels of ability.

Mother & Toddler Swim Lessons:

These sessions are organised by a qualified swimming teacher who leads the class and introduces parents and children to activities that will build water confidence in young children. The emphasis on fun in the classes remains, but the sessions are slightly more structured than the Parent and Toddler sessions. Parents accompany the children in the water during these sessions.

Running Group:

Running is often thought of as a solo sport, but you're missing out if you always hit the roads by yourself. Join us for these resistance and flexibility sessions aimed at improving your performance regardless of your ability or the distance your training for and maybe you'll find a running buddy.

Studio Etiquette

To ensure the safety and comfort of all our members, please adhere to the following:

- ✚ Consult your doctor before participating in any class or activity if you are unsure of the suitability, if you are suffering or recovering from any medical condition.
- ✚ Inform the instructor if you are pregnant, recovering from any illness or injury.
- ✚ Arrive on time. For safety reasons if the class has already started you will not be allowed to participate.
- ✚ Only come to the class if you can participate in all of it, it's unsafe to miss the cooldown.
- ✚ Always bring a towel and water bottle with you to classes.
- ✚ For hygiene reasons you should use your towel to cover your exercise mat.
- ✚ Appropriate attire and footwear MUST be worn at all times.