

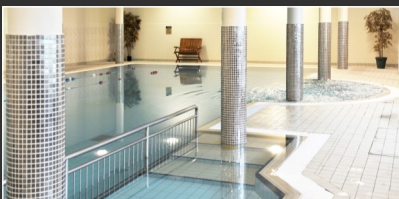


Weekly Fitness Timetable

Monday	
6.45 - 7.15am	Circuits (M)
11 - 11.45am	Aqua Aerobics (M)
3.30 - 4.10pm	Kids Swim Lesson
4.15 - 4.45pm	Kids Swim Lesson
5.00 - 5.40pm	Kids Swim Lesson
5.45 - 6.25pm	Kids Swim Lesson
7 - 8pm	Circuits (M)



Tuesday	
6.45 - 7.15am	Circuits (M)
11am - 12pm	Keep Active (M)
3.15 - 3.55pm	Kids Swim Lesson
4 - 4.40pm	Kids Swim Lesson
4.45 - 5.25pm	Kids Swim Lesson
5.30 - 6.10pm	Kids Swim Lesson
7 - 8pm	Circuits (M)
8 - 8.45pm	Aqua Aerobics (M)



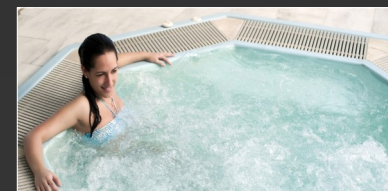
Wednesday	
6.45 - 7.15am	Circuits (M)
7.30 - 8am	Technique Time (M)
11 - 11.45am	Aqua Aerobics (M)
3.15 - 3.55pm	Kids Swim Lesson
4 - 4.40pm	Kids Swim Lesson
4.45 - 5.25pm	Kids Swim Lesson
5.30 - 6.10pm	Kids Swim Lesson
7 - 8pm	Circuits (M)
7.30 - 8pm	Adult Swim Lesson
8 - 8.30pm	Adult Swim Lesson

Thursday	
6.45 - 7.15am	Circuits (M)
11am - 12pm	Keep Active (M)
3.15 - 3.55pm	Kids Swim Lesson
4 - 4.40pm	Kids Swim Lesson
4.45 - 5.25pm	Kids Swim Lesson
5.30 - 6.10pm	Kids Swim Lesson
7 - 8pm	Circuits (M)
8 - 8.45pm	Sport Aqua (M)



Friday	
6.45 - 7.15am	Circuits (M)
7.30 - 8am	Technique Time (M)
11 - 11.45am	Aqua Aerobics (M)
4.30 - 5.15pm	Swim Club
7 - 8pm	Circuits (M)

Saturday	
8.50 - 9.30am	Swim Club
9.30am - 10.10am	Kids Swim Lesson
10.15 - 10.55am	Kids Swim Lesson
11am - 11.40am	Kids Swim Lesson
11.45am - 12.25pm	Kids Swim Lesson



Please see reverse for Class descriptions
For hygiene purposes, please always bring a small towel for every class you attend

All classes **MUST** be pre-booked through the GymSync App, directly at Leisure Club Reception or by calling 044 9349305 • Non-Members class prices are €10

(M) Free for Members	Beginner	Improver	Intermediate	Advanced
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Opening Hours Monday - Friday 6.30am - 9.15pm • Saturday, Sunday & Bank Holidays 7.30am - 8.15pm

Class Descriptions

Aqua Aerobics

A fun and enjoyable workout to music while in the water. This class is suited for all levels of fitness and aims to give you a total body workout combining cardio fitness, muscle conditioning and strength.

Circuits

Circuit training is a style of workout where you move through several stages of exercises (usually 5 to 10) targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system.

Keep Active

Basic stretching and strengthening exercises. Class includes low impact warm-ups & stretching, muscle & bone building exercises, and strength training. Improve your balance techniques and coordination.

Technique Time

Technique time is a dedicated timeslot to work on your own program in our Gym and hone your workout skills and technique. Our fully qualified Instructors will be on hand during this time to supervise and give you pointers on your technique.

Sport Aqua

Similar to our popular Aqua Aerobics class, this faster paced conditioning workout is aimed at those who crave a recovery session in between midweek training to ensure they are in tip-top shape for a match or competition at the weekend. A fun and enjoyable workout perfect for GAA, Soccer & Rugby players, cyclists, runners etc. with up-tempo music to motivate you.