

# 2007 Aerobics timetable

(B/I) = Beginner to Intermediate Level; (I) = Intermediate Level; (A) = Advanced Level

<b>Monday</b>	6.00pm – 7.00pm	Step it Out (B/I)	Karen
	7.00pm - 8.00pm	Trim & Tone (B/I)	Karen
<b>Tuesday</b>	6.00pm - 7.00pm	General Aerobics (I)	Karen
	7.00pm – 7.45pm	Pilates Fit Circle (B)	Susan
	7.45pm – 8.30pm	Pilates Fit Circle (I)	Susan
	8.30pm – 9.15pm	Pilates Intermediate Course	Susan
<b>Wednesday</b>	6.00pm – 7.00pm	20/20/20 (B/I)	Lisa
	7.00pm - 8.00pm	Total Tone & Conditioning (B/I)	Lisa
	6.15pm – 7.00pm	Aqua Aerobics (B/I)	Emma
<b>Thursday</b>	6.00pm - 7.00pm	30/30 Step & Tone Workout (I)	Karen
	7.00pm - 8.00pm	Total Body Workout (I)	Karen
	8.00pm – 9.00pm	YOGA Course (B/I)	Irene
<b>Friday</b>	6.00pm - 7.00pm	20/20/20 (B/I)	Helen
<b>Sunday</b>	12 noon- 1.00pm	Pure Step (I/A)	Amanda

**MEMBERS: €2.50 NON MEMBERS: €7.00 STUDENTS: €6.00**

**45 MIN CLASSES ARE €6 FOR NON-MEMBERS & STUDENTS**

**Monthly Passes: Members €16.00 Non Members: €70.00(Calendar Month)**

**All Courses run for a six week term**

*\*Class bookings are only taken 2 days in advance\**

*Please CANCEL your booking if you cannot attend.*

**Please bring a towel to the classes. Correct Footwear must be worn.**

**A screening form must be completed before you attend the classes.**

**PLEASE FILL IN A SCREENING FORM  
BEFORE YOU BEGIN YOUR CLASS.**

**30/30 Step & Tone** – 30 minutes Warm up and Step class followed by 30 minutes toning.

**20/20/20** - 20 minutes Aerobics, 20 minutes Step and 20 minutes Conditioning for an overall body workout. Intermediate Level only.

**Step it Out** – Cardiovascular workout using the steps to the beat of the music, this is great for toning, co-ordination, weight loss and general fitness.

**Pure Step** – Not for the faint hearted! This step class will test your fitness to the limit. A fast and thoroughly enjoyable workout for the advanced stepper.

**General Aerobics** – Exercise to music! If step is not for you then this is a great class for a great cardio workout, sure to get the fitness levels up!!!

**Trim’N’Tone/Total Tone and Condition** – Toning class working the upper and lower body using hand weights and body weight to get into shape and tone up!

**Total Body Workout** – Are all over conditioning classes suitable for all levels, which, increases body tone.

**Pilates Fit Circle Toning** – A slow body-core workout using the pilates fit circle, which is excellent for toning up. Intermediate level encompasses the gym ball into the workout.

**Aqua Aerobics** – Exercise to music in the pool!! Suitable for all levels of ability. Great if your pregnant too!! A great fun workout is guaranteed!!!