

# FITNESS CLASS TIMETABLE

Commencing Monday 10<sup>th</sup> Jan 2011

| MONDAY            |                |            |
|-------------------|----------------|------------|
| TIME              | FITNESS CLASS  | INSTRUCTOR |
| 10.00am - 11.00am | WAIST WATCHERS | Mona       |
| 11.00am - 11.30am | AQUA AEROBICS  | Ger        |
| 6.15pm - 7.00pm   | BUMS & TUMS    | Gosia      |
| 7.00pm - 8.00pm   | BODY COMBAT    | Michelle   |
| 8.00pm - 9.00pm   | BODY PUMP      | Gosia      |

| TUESDAY           |               |            |
|-------------------|---------------|------------|
| TIME              | FITNESS CLASS | INSTRUCTOR |
| 10.00am - 11.00am | BODY BALANCE  | Michelle   |
| 6.15pm - 7.00pm   | STEP & SHAPE  | Gosia      |
| 6.35pm - 7.15pm   | AQUA AEROBICS | Ger        |
| 7.00pm - 8.00pm   | BOOT CAMP     | Joe        |
| 8.00pm - 9.00pm   | BODY BALANCE  | Mona       |

**€7 MORNING CLASS €8 EVENING CLASS**  
**BOOKING REQUIRED**

## GYM OPENING HOURS

**Mon - Fri 7am - 10pm. Sat, Sun & B.H. Mon 10am - 6.45pm**

| WEDNESDAY         |               |              |
|-------------------|---------------|--------------|
| TIME              | FITNESS CLASS | INSTRUCTOR   |
| 10.00am - 11.00am | BODY PUMP     | Colm         |
| 10.00am - 10.30am | AQUA AEROBICS | Ger          |
| 1.10pm - 1.40pm   | ABS CLASS     | Fitness Team |
| 6.15pm - 7.00pm   | BUMS & TUMS   | Michelle     |
| 7.00pm - 8.00pm   | BODY COMBAT   | Colm         |
| 8.00pm - 9.00pm   | BODY PUMP     | Mona         |

| THURSDAY          |                         |              |
|-------------------|-------------------------|--------------|
| TIME              | FITNESS CLASS           | INSTRUCTOR   |
| 10.00am - 11.00am | ABC (Abs, Back & Chest) | Fitness Team |
| 6.15pm - 7.00pm   | STEP & SHAPE            | Hazel        |
| 6.35pm - 7.15pm   | AQUA AEROBICS           | Ger          |
| 7.00pm - 8.00pm   | BODY BALANCE            | Mona         |

| FRIDAY            |               |              |
|-------------------|---------------|--------------|
| TIME              | FITNESS CLASS | INSTRUCTOR   |
| 10.00am - 11.00am | BUMS & TUMS   | Fitness Team |
| 6.15pm - 7.00pm   | BODY PUMP     | Hazel        |

|                         |  |
|-------------------------|--|
| <b>WAIST WATCHERS</b>   | A circuit style class that work both cardio and strength suitable for all levels of fitness.   |
| <b>AQUAFIT</b>          | A safe and effective workout in the pool using the resistance that water creates. Equipment is used to increase intensity – suitable for all ages and fitness levels.            |
| <b>BOOT CAMP</b>        | Do you want to get fit, stay fit, and make friends along the way? Joe's Boot Camp Fitness offers a new way to get into the best shape of your life, and have fun while doing it! |
| <b>BODYBALANCE™</b>     | A Yoga, T'ai Chi & Pilates workout that builds flexibility & strength & leaves you feeling centred & calm.   |
| <b>BODYCOMBAT™</b>      | This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae kwon do, May Tai. Supported by driving music.         |
| <b>BODYPUMP™</b>        | A muscular strength endurance workout using weights. Strengthens, conditions and tones.  |
| <b>STEP &amp; SHAPE</b> | A high energy cardio class using a step platform.  |
| <b>BUMS &amp; TUMS</b>  | A conditioning class specifically for toning and mid to lower body.  |
| <b>FAB ABS</b>          | A class to strengthen and focus on the core area.  |
| <b>A.B.C.</b>           | Workout for Abs, Back, Biceps & Chest. Suitable for all levels of fitness.   |

# FREE Childcare at the Gym

*Your new year sorted!*

We will mind your little ones for  
**FREE** while you work out

**Membership from ONLY €9 per week**

3mths - 4yrs • Monday - Friday • 9.45am - 2pm (Booking Essential)



# SWIMMING POOL TIMETABLE

From Tuesday 4<sup>th</sup> January 2011

ALL ADULT SWIMS €6.50

| Day | Early   | Morning   | Lunchtime   | Mid Afternoon  | Evening   | Night  | Adults Only                                    |
|-----|---|---|---|--|---|--|--|
| Mon | <b>Sun Rise Swim</b><br>7.30 - 9.00 (6L)<br>9.00 - 9.30 (2L)                            | <b>AQUA FIT</b><br>11.00 - 11.30<br><b>LEISURE SWIM</b><br>11 - 12 (2L)       | <b>Lunch Time Swim</b><br>12.45 - 2.00<br>(2 Lanes) | <b>LEISURE SWIM</b><br>2.45 - 3.45pm<br>(2 Lanes)                          |   | <b>FAMILY SWIM</b><br>6.45 - 8.15  | <b>ADULT SWIM</b><br>8.15 - 9.15<br>(3 Lanes)  |
| Tue | <b>Sun Rise Swim</b><br>7.30 - 9.00 (6L)<br>9.00 - 9.30 (2L)                            | <b>ADULT SWIM LESSONS</b><br>11.00 - 11.45<br>7 Wk Off Peak €55               | <b>Lunch Time Swim</b><br>12.45 - 2.00<br>(2 Lanes) | <b>OVER 50's &amp; Adult Members Only SWIM</b><br>3.00 - 4.00(2L)          | <b>LEISURE SWIM</b><br>5.30 - 6.30<br>(2 Lanes) | <b>AQUA FIT</b><br>6.35 - 7.15<br>No Booking Required<br><b>FAMILY SWIM</b><br>7.15 - 8.15 | <b>ADULTS SWIM</b><br>8.15 - 9.15<br>(3 Lanes) |
| Wed | <b>Sun Rise Swim</b><br>7.30 - 9.00 (6L)<br>9.00 - 9.30 (2L)                            | <b>AQUA FIT</b><br>10.00 - 10.30<br><b>LEISURE SWIM</b><br>10.30 - 11.30 (2L) | <b>Lunch Time Swim</b><br>12.45 - 2.00<br>(2 Lanes) | <b>LEISURE SWIM</b><br>2.45 - 3.45pm<br>(2 Lanes)                          |   | <b>FAMILY SWIM</b><br>6.45 - 8.15  | <b>ADULTS SWIM</b><br>8.15 - 9.15<br>(3 Lanes) |
| Thu | <b>Sun Rise Swim</b><br>7.30 - 9.00 (6L)<br>9.00 - 9.30 (2L)                            |   | <b>Lunch Time Swim</b><br>12.45 - 2.00<br>(2 Lanes) | <b>LEISURE SWIM</b><br>3.00 - 4.00pm<br>(2 Lanes)                          | <b>LEISURE SWIM</b><br>5.30 - 6.30<br>(2 Lanes) | <b>AQUA FIT</b><br>6.35 - 7.15<br>No Booking Required<br><b>FAMILY SWIM</b><br>7.15 - 8.15 | <b>ADULTS SWIM</b><br>8.15 - 9.15<br>(3 Lanes) |
| Fri | <b>Sun Rise Swim</b><br>7.30 - 9.00 (6L)<br>9.00 - 9.30 (2L)                            |   | <b>Lunch Time Swim</b><br>12.45 - 2.00<br>(2 Lanes) | <b>LEISURE SWIM</b><br>3.00 - 4.00<br>(2 Lanes)                            |   | <b>FAMILY SWIM</b><br>7.15 - 8.15  | <b>ADULTS SWIM</b><br>8.15 - 9.30<br>(3 Lanes) |
| Sat |   | <b>LEISURE SWIM</b><br>11.30 - 12.30 (2 L)                                    |   |  | <b>FAMILY SWIM</b><br>4.00 - 5.30pm             | <b>LEISURE SWIM</b><br>5.30pm - 6.45pm (2 L)   |  |
| Sun | <b>Members Only</b><br>10.00 - 11.00<br>Full Pool & 2L<br>Not available<br>B.H. Mondays | <b>LEISURE SWIM</b><br>11.00 - 12.30<br>(2 Lanes)                             |   | <b>FAMILY SWIM</b><br><b>Fun Swim, Floats, Toys etc</b><br>2.30pm - 5.30pm |   | <b>ADULT SWIM</b><br>5.30pm - 6.45pm (3 L)   |  |

The Centre reserves the right to change any of the programmes subject to demand.

|                        |   |
|------------------------|---|
| <b>SUN RISE SWIM</b>   | Suitable for All levels of Swimmers. Lanes Divided into Slow, Med & Fast.                                       |
| <b>LEISURE SWIM</b>    | Suitable for Adults & Children & includes 2 lanes & toddlers pool.  |
| <b>FAMILY SWIM</b>     | Suitable for Adults & Children & includes toddler pool. No lanes available.                                     |
| <b>LUNCH TIME SWIM</b> | Daily, Monday to Friday 12.45 - 2pm. Includes 2 lanes & the rest of the pool is available for leisure swimming. |
| <b>AQUA FIT</b>        | €7 & includes swim/sauna/steam room & Jacuzzi Evening Class - €8 with swim/sauna/steam room & Jacuzzi.          |
| <b>ADULT SWIM</b>      | Adult Swim is for 18 yrs & over and includes sauna/steam room & Jacuzzi.  |
| <b>MEMBERS SWIM</b>    | Sunday Full Pool for Adult & Children who have pool or gym/swim membership.                                     |
| <b>OVER 50'S RATE</b>  | Over 50's Swimming Rate of €3.50 Now available for weekday 2.45pm & 3pm.  |



## ADULT SWIMMING LESSONS 2011

- MONDAY NIGHT**  
Beginners & Improver Classes 9.15pm - 10pm
- TUESDAY MORNING**  
Beginners, Improvers & Advanced Improvers  
11am - 11.45am
- WEDNESDAY NIGHT**  
Beginners, Improvers, Advanced Improvers & Deepend  
9.15pm - 10pm
- TUESDAY NIGHT**  
Master Swimming (Suitable for tri-athletes)  
9.15pm - 10pm
- THURSDAY NIGHT**  
Lane Technique Classes Beginners & Improvers  
9.15pm - 10pm

## Adult Water Safety NEW For 2011

SPECIAL INTRODUCTORY OFFER €50.00 PER COURSE



10th Jan - 14th March  
8pm - 9pm Theory  
9.15pm - 10pm Practical in the Pool

10 week course for 16yrs & over  
Applicant must be able to swim in the deepend  
Irish Water Safety Awarding Body of Rescue 1, 2, 3 & 4

Places Limited - Call 0906470975 to Book

1st Course - 10th January 2011  
2nd Course - 7th March 2011

Morning Classes - €55 Evening Classes - €69  
20% discount for Centre Members  
Booking Essential

Snap Printing 090 644 4779