

0504-58640

# FITNESS CLASS TIMETABLE

Effective from 14th January 2019

0504-58640

## MONDAY

### Fitness Pilates

9.30am-10.15am

### Beginners

### Fitness Pilates

10.30am-11.15am

### Indoor Cycle

6.45pm-7.15pm

### HIIT

7.30pm-8pm

### Aqua Aerobics

7.45pm-8.30pm

## TUESDAY

### Sculpt & Tone

9.30am-10.15am

### Active 55

11am-11.45am

### TLC Transformation

### Bootcamp

6:30-7pm

### Indoor Cycle

7:15pm-7.45pm

### Fitness Pilates

8pm-8.45pm

## WEDNESDAY

### Aqua Aerobics

8.30am -9.15am

### Step & Tone

9.30am-10am

### Senior Cycle

11-11.30am

### Step & Tone

6.30pm-7pm

### New Women's

### Thump Boxing

7.15pm-8pm

### Aqua Aerobics

7.45pm-8.30pm

## THURSDAY

### NEW

### Yogalates

9.30am-10.15am

### Active 55

11am-11.45am

### TLC Transformation

### Bootcamp

6.30pm-7pm

### Indoor Cycle

7.15pm-7.45pm

### Super Abs

8pm-8.30pm

## FRIDAY

### Bum Blaster

9.30am-10.15am

### Aqua Aerobics

10am-10.45am

### Kettlebells

7.15pm-8pm



Thurles Leisure Centre  
Cathedral Street, Thurles, Co. Tipperary  
Phone: 0504-58640 Email: reception@thurleslc.ie  
www.thurleslc.ie

## TEEN GYM

Monday to Friday

3pm-7pm

Saturday & Sunday

11am-4pm

# FITNESS CLASS DESCRIPTION

## Indoor Cycle

Using a stationary bike, this class will build your strength and endurance while improving your overall fitness levels while burning calories and having fun.

**Price: €5 Non Members & €3 Members**

## Senior Cycle

Enjoy an easy-to-follow workout, for over 55's on a stationary bike that will increase your energy and stamina.

**Price: €6 Non Members & €3 Members**

## Fitness Pilates

Pilates focuses on rebalancing the body and improving posture through slow, controlled movements and exercises. It concentrates on core strength which is the foundation of Pilates exercises. Low-impact exercises can improve your health and fitness without harming your joints and it incorporates relaxation music aimed to alleviate stress; a class benefiting the body and mind!

**Price : €8 Non Members & Free Members**

## Transformation TLC

30 Minutes Bootcamp

**Price: See Reception**

## Sculpt & Tone

A total body workout utilizing light weights and variable impact aerobics to sculpt and tone. It's a great high-intensity class with the best of fat incinerating aerobics, muscle conditioning and abdominal work.

**Price: €4 Non Members & Free Members**

## Aqua Aerobics

This class is a medium intensity aqua class that is carried out in the shallow end of the pool. It combines even segments of cardio and strength training using mitts/aqua bells/ woggles as resistance for the upper body and core strength. A fun workout not to be missed!!!!

**Price: Senior Non Members €6, Non Member €8 & Members €4**

## Active 55

Enjoy an easy-to-follow workout that will increase your energy and stamina. Light weight resistance included.

**Price: €2.50 Non Members & Free Members**

## Step & Tone

Full body cardio workout to make you feel uplifted, to build stamina and tone & shape legs and gluteus.

**Price: €4 Non Members & Free Members**

## Kettlebells

A great full body workout. This class uses a kettlebell to perform both aerobic and toning exercises.

**Price: €4 Non members & Free Members**

## Super Abs

This provides an abdominal routine targeting the problem areas of the stomach. 30 minutes concentrating on core strength stability.

**Price: €4 Non members & Free Members**

## NEW!!Women's Thump Boxing

Develop core strength with boxing techniques & drills; an all over cardio and strength training workout, it helps improve endurance, co-ordination and stamina.

**Price: €4 Non members & Free Members**

## NEW!!!Yogalates

This fitness routine class combines Pilates exercises with the postures and breathing techniques of Yoga.

**Price: €8 Non members & Free Members**

## HIIT

HIIT, or high-intensity interval **training**, is a **training** technique in which you give all-out, one hundred percent effort through quick & intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Price: €4 Non members & Free Members**