

0504-58640

FITNESS CLASS TIMETABLE

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Effective from 22nd July 2019

MONDAY

Fitness Pilates
9.30am-10.15am

**Beginners
Fitness Pilates**
10.30am-11.15am

Bootcamp (PAYG)
6.45pm-7.15pm

Step & Tone
7.30pm-8pm

Aqua Aerobics
7.45pm-8.30pm

TUESDAY

Sculpt & Tone
9am-9.45am

Active 55
11am-11.45am

**20/10
HIIT/Core**
6.30pm-7.00pm

Indoor Cycle
7:15pm-7.45pm

Fitness Pilates
8pm-8.45pm

WEDNESDAY

Aqua Aerobics
8.30am -9.15am

Step & Tone
9.30am-10am

Step & Tone
6.30pm-7.00pm

**20/10
Cycle/HIIT**
7.15pm-7.45pm

Aqua Aerobics
7.45pm-8.30pm

THURSDAY

NEW
10/10/10
Legs/Bums/Tums
9.30am-10.00am

Active 55
11am-11.45am

Bootcamp (PAYG)
6.30pm-7.00pm

Indoor Cycle
7.15pm-7.45pm

FRIDAY

Bum Blaster
9am-9.45am

Aqua Aerobics
10am-10.45am

**20Kettlebells
/20Core**
6.30pm-7.10pm



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

TEEN GYM

Monday to Friday
12pm-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

Legs/Bums/Tums

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/Core

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

Price: €4 Non members & Free Members

15/15

15 minutes of ab crushing ,followed by a 15 minute bum blaster session.

Price: €4 Non members & Free Members

Bootcamp (PAYG)

Outdoor Circuit Class, fast pace, great fat burner

Price: €6 Members & €4 Non-Member

20/10 CYCLE/HIIT/CORE

20 mins of 1 activity followed by 10 mins of another, it will get the fat burning the heart raised but will also help you tone that body into shape in a quick 30min class

Price: €4 Non-Members & Free Members