



GLENRAVEL FITNESS SUITE

NEW YEAR PROGRAMME

A FULL LIST OF OUR PLANNED CLASSES FOR 2012

CLASS PLAN

Classes start week commencing 9th January 2012 until 31st March 2012 (unless other date stated)

MONDAY

Zumba | 6 - 7pm

Circuits | 7.15 - 8.15pm

TUESDAY

Train with a Trainer | 9 - 10am

Six Pack Attack | 10 - 10.15am

WEDNESDAY

Box Fit | 6.30 - 7.30pm

THURSDAY

Body Conditioning | 6.45 - 7.45pm (Commence 19th January 2012)

Yoga | 7.50 - 8.50pm (Commence 19th January 2012)

FRIDAY

Box Fit | 9.30 - 10.30am

Over 50 Class | 11am - 12noon

Train with a Trainer | 4.30 - 5.30pm

Six Pack Attack | 5.30 - 5.45pm

SATURDAY

Kids Dance Classes | 9.30 - 10.30am (Commence 21st January 2012)

DESCRIPTIONS

Circuits

A combination of high intensity aerobics and resistance training designed to be easy to follow and target fat loss, muscle building and heart-lung fitness.

Instructor: Paul Reynolds Fee: Standard

Zumba

The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party.

Instructor: Caitriona McCormick Fee: Standard

Yoga

Yoga postures combined with breath work, visualisation and affirmations to help you feel calm, centred and relaxed. We do this through a series of physical breathing and mental exercises.

Instructor: Fiona Jones

Fee: Members: £24 Non-Members: £30

Commences: 19th January – 6 week block

Body Conditioning

Tone the arms, firm up that bum, trim the tum with the use of light weights.

Instructor: Mary Wray Fee: Standard

Commences: 19th January

Box Fit

A great all over body cardio fitness workout, toning and strengthening for upper and lower body with the combination of boxing and martial arts moves.

Instructor: Caitriona McCormick Fee: Standard

Over 50 Class

A mixture of armchair aerobics, boccia, kurling and dancing. Suitable for all abilities.

Instructor: Josie Higgins Fee: £2.50

Kids Dance Class

Learn and perform dance routines, hip-hop and different styles of dancing to the latest chart music. Age 4+.

Instructor: Claire Mullan Fee: £25

Commences: 21st January – 10 week block

Six Pack Attack

15 minute express workout for the core region. It assumes participants are already warmed up.

Instructor: Gym Staff

Fee: Members - Free Non-Members - Free

Train with a Trainer

A one hour cardiovascular and/or resistance session in the gym where you train alongside your trainer and other participants in a prearranged workout. Good motivation for those that want company whilst working out as well as taking part in different activities.

Fee: Members - Free Non-Members - £5



STANDARD PRICE

Standard Fee for 12 Week Block

Members Block Payment £30

Non-Members Block Payment £36

Standard Fee for 11 Week Block

Members Block Payment £27.50

Non-Members Block Payment £33

Pay As You Go

Members £3.00

Non-Members £3.50



Glenravel Sport
and Community Complex

GET IN TOUCH

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Located at Glenravel Sports Complex