

**Weekly Activity Programme for Ballsallagh Suite
Beginning 11th January to 21st March 2010**



Monday	<i>Please Note: Please bring you own exercise mat to all the classes For classes requiring block booking or limited space, please book in advance.</i>		Circuits 10 weeks Cardiovascular & resistance training for both male and female TIME: 7-8pm FEE: Standard* INSTRUCTOR: Byron Clarke
Tuesday			
Wednesday		Teenage Chart Dance Fitness 11-18year olds Learn a Routine and Perform 6 weeks – Commencing 10 th Feb 2010 TIME: 6-7pm FEE: £15 Block Booking – Limited Places INSTRUCTOR: Claire Mullan	Yoga Relaxation & increased flexibility 8 weeks TIME: 7.30 - 8.30pm FEE: Block booking Only Members £25 Non-members £35 – Limited Places INSTRUCTOR: Fiona Jones
Thursday		Cardio Box Fit Fun & high impact aerobic fitness 10 weeks TIME: 6-7pm FEE: Standard* INSTRUCTOR: Caitriona McCormick	Legs, Bums and Tums Toning class for those hard to shift bits 10 weeks TIME: 7-8pm FEE: Standard* INSTRUCTOR: Caitriona McCormick
Friday	Cardio Box Fit Fun & high impact aerobic fitness 10 weeks TIME: 9.15am-10.15am FEE: Standard* INSTRUCTOR: Caitriona McCormick	50+ Class Mixture of Armchair Aerobics, Boccia, Kurling & Dancing. 3 weeks 11 th -29 th Jan TIME: 11am – 12noon FEE: Member £3, Non-Member £3.50 INSTRUCTOR: Jo Higgins	
Saturday	Kids Chart Dance Fitness 4-10 year olds Learn a Routine and Perform 6 weeks – Commencing 13 th Feb 2010 TIME: 10 – 11am FEE: £15 block booking – limited places INSTRUCTOR: Claire Mullan		

***Standard Class Fee: 10 week Block Booking: Members: £25 Non-Members: £30**

Individual Classes: Members: £3 Non-Members: £3.50

To book please speak to Caitriona McCormick or call 02821758823

CARDIO BOX FIT



Step, kick, punch and sculpt your way to a leaner body!!
A high energy workout to burn those calories!

Glenravel Sport and Community Complex
Thursday Evenings and Friday Mornings

Starting Thursday 14th January 6pm – 7pm
and Friday 15th January 9.15am – 10.15am

Class Fees:

10 Week Block Booking - Members £25, Non-Members £30

Individual Classes - Members £3, Non-Members £3.50

Contact – 02821758823 Email: gcda@btconnect.com



Circuit Training

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.

Glenravel Sports and Community Complex – 02821758823

Starts 11th January and every Monday night for 10 weeks

Prices: Block booking Members - £25, Non-members - £30

Individual Classes: Members £3, Non-members £3.50

Kids Chart Dance Fitness

DANCE LIKE
YOUR
FAVOURITE
POPSTAR!!

Fun Dance Class

4 -10 Year Olds

Suitable for all abilities



Saturday 13th February 2010

6 Weeks £15 for Full Course

10 – 11am

Limited Places Please Book on 02821758823

Teenage Chart Dance Fitness

DANCE LIKE
YOUR
FAVOURITE
POPSTAR!!

Fun Dance Class

11 – 18 Year Olds

Suitable for all abilities



Wednesday 10th February 2010

6 Weeks

£15 for Full Course

6 – 7pm

Limited Places Please Book on 02821758823



Lets work together and shift those awkward bits

Body weight exercises designed for all abilities

Glenravel Sport and Community Complex
02821758823

LEGS, BUMS & TUMS



Begins Thursday 14th January 2010

6 – 7pm

Fee:

Block Booking:

Individual Class:

Members £25

Non-Members £35

Members £3

Non-Members: £3.50

Yoga Stretch and Relaxation

Yoga postures combine 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.

Everyone can do it – all ages and abilities.

8 Week Course at Glenravel Sport and Community Complex

Begins Wednesday 13th January 2010
7.30pm – 8.30pm

Fee: Members: £25

Non- Members: £35

Limited Places

Block Booking Only

Please Call 02821758823



50 + Class



Try your hand at

- Armchair Aerobics
- Boicca
- Kurling
- Dancing

Light Refreshments Provided After



Beginners and Experienced All Welcome

Friday

15th, 22nd & 29th January 2010

11am – 12noon

Fee:

£3 Members

£3.50 Non - Members