PORTARLINGTON Leisure Centre

Fitness Timetable

June 28th to September 5th 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.45am - 10.30am		**Aquafit**	**Core Connection**		**Aquafit**
4.30pm- 5.30pm					**Teen Fit** Studio & Gym
7.00pm - 7.45pm		**Aquafit**		**Aquafit**	
7.00pm - 7.45pm	**Step 'n' Shape**	**Box 'n' Burn**	**Circuits**	**Stability Ball**	
8.00pm - 8.45pm		**Fitness Pilates**		**Spinning**	

Active Movement Classes
Floor Based Classes
Pool Based Classes
€4 Age Specific Class
Indoor Cycling Class

Fitness Classes ***FREE*** to Full Leisure Pass Holders
Off-Peak Classes ***FREE*** to all Off-Peak Leisure Pass Holders
€3 for an Off-Peak Leisure Pass holder to take part in a Peak time class.
Pay as You Go - Studio Class €8 Pay As You Go - Aquafit €7

www.portarlingtonleisurecentre.ie Tel: 057-86 45800

*All Fitness Classes **FREE** with Full Leisure Passes*

Gym Times	Mon, Wed, Fri	Tues & Thurs	Saturday	Sunday	Bank Hols.
	9.30am - 9pm	7am - 9pm	10.30am - 3.30pm	11am - 3.30pm	11am - 3.30pm