PORTARLINGTON Leisure Centre

Fitness Timetable

9th January - 5th February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.45am - 10.30am	9.45am - 10.30am	9.45am - 10.30am	9.45am - 10.30am	9.45am - 10.30am	10.45am - 11.25am
Aquafit	**Spin & Tone**	**Aquafit**	**Body Conditioning**	**Aquafit**	**Variety Class**
	1.30pm - 2.15pm				3.30pm-4.15pm
	Aqua-Lite (Lower intensity)				**Teenfit 1** 11 - 15 year olds**
7.00pm - 7.40pm	7.00pm - 7.40pm	7.00pm - 7.40pm	7.00pm - 7.40pm	7.00pm - 7.40pm	4.30pm-5.15pm
Kickboxercise	**Aquafit**	**Core Fitness**	**Aquafit**	**Beginners Spin & Tone**	**Teenfit 2** 11 - 15 year olds**
7.45pm - 8.25pm	7.45pm - 8.25pm	7.45pm - 8.25pm	7.45pm - 8.25pm	7.45pm - 8.25pm	
Step 'n' Tone	**Adv. Spin & Tone**	**Boxercise & Abs**	**Spin & Tone**	**Fitness Pilates***	
8.30pm - 9.15pm	8.30pm - 9.15pm	8.30pm - 9.15pm	8.30pm - 9.15pm		
Adv. Fitness Pilates*	**Stability Ball***	**Fitness Pilates***	**Pump & Tone***	* = 9 Week Course €60 Full Leisure Pass €27	

Active Movement	** = 9 Week Teenfit course €54 or €7 per day subject to availability.
Floor Based Classes	Pay as You Go - Fitness Class €8 Pay As You Go - Aquafit €7
Pool Based Classes	€3 for an Off-Peak Leisure Pass holder to take part in a Peak time class.
Indoor Cycling Class	Fitness Classes ***FREE*** to Full Leisure Pass Holders (excludes courses)
* Course Booking Req'd	Off-Peak Classes ***FREE*** to all Off-Peak Leisure Pass Holders (excludes courses)

White Flag Award for Spa & Leisure

www.portarlingtonleisurecentre.ie Tel: 057-86 45800

*Fitness Classes **FREE** with Full Leisure Passes (excludes courses)*

Gym Times	Mon. to Thurs.	Friday	Saturday	Sunday	Public Holidays
	9.30am to 9.00pm	9.30am to 8.30pm	10.30am to 3.30pm	11am to 3.30pm	10am to 2pm