

AURA  
YOUGHAL  
LEISURE  
CENTRE

# Group exercise

Valid January – March 2010

**DO YOUR BIT FOR THE  
ENVIRONMENT**

View this timetable online  
[www.auraleisurecentres.ie](http://www.auraleisurecentres.ie)



aura

**WHERE PEOPLE FEEL BETTER**

# Class Timetable

Classes are **free** for members!\*

## MONDAY

**10:00-10:45**  
Bums, Legs & Tums (BLT)

**11:00-11:45**  
Aqua Aerobics

**18:15-19:00**  
Indoor Cycling

**19:00-20:00**  
Step Aerobics

**20:00-20:45**  
Aqua Aerobics

## TUESDAY

**10:00-10:45**  
Indoor Cycling

**18:15-19:00**  
Total Tone

**19:00-20:00**  
Indoor Cycling

**20:00-20:45**  
Fitball

## WEDNESDAY

**10:00-10:45**  
Body Blast

**11:00-11:45**  
Aqua Aerobics

**18:15-19:00**  
Indoor Cycling

**19:00-20:30**  
Step & Tone

**20:00-20:45**  
Aqua Aerobics

## THURSDAY

**10:00-10:45**  
Indoor Cycling & Tone

**18:15-19:00**  
Body Blast

**19:00-20:00**  
Pilates\*

**20:00-21:00**  
Indoor Cycling

## FRIDAY

**10:00-10:45**  
Total Tone

**11:00-11:45**  
Aqua Aerobics

**18:15-19:00**  
Abs Blitz

**19:00-20:00**  
Boxercise\*

**20:00-20:45**  
Aqua Aerobics

## SATURDAY

**10:00-11:00**  
Body Blast

**11:00-12:00**  
Pilates\*

## SUNDAY

**10:00-10:45**  
Indoor Cycling

**11:00-12:00**  
Step & Tone

**Did you know?**

If you attend 2 or more classes a week you could save money by purchasing a pre-paid membership. Please speak with one of our staff for further details

### CARDIO

Keep the engines running strong. Develop the heart and the lungs and improve fitness and shape whilst burning those calories and having fun.

**Body Blast**  
Great classes to help you burn calories the Aura way.

**Boxercise**  
The Boxercise course involves age old training principles and adapted them to form a fun, addictive, safe, stress busting workout suitable for all levels of ability. Former Irish Boxing Champion Billy Walsh is the man who will put you through your paces.

**Step Aerobics**  
An excellent fat burner class that involves choreography while using a step. Combinations of steps work major muscle groups and results in shaping and toning of many problem areas.

**Step & Tone**  
A combination of movements on the step is the focus of this class, followed by an extended muscle conditioning segment.

### STRENGTH

Resistance & Strength training whatever your ability level. Develop strength & increase lean tissue for weight management and body composition changes, shape & aesthetics – you'll look great.

**Total Tone**  
Total Tone classes are designed to firm up your muscles with a full body workout. Total Tone classes are great for both men and women of any fitness level thus making these classes friendly to beginners and experts.

### CORE

Strengthening strong core muscles – stomach & back, stabilising your body and posture for all activities in and out of the gym.

**Abs Blitz**  
Our 30 mins abs classes are great for strengthening your core which will help you tone and improve your posture. Abs classes are great for all fitness levels and will help you achieve that ideal stomach you have always wanted.

**Fitball**  
The fitball is a rubber ball used to isolate core stabilising muscles deep inside our bodies and hence improve posture and prevent injuries.

### PICK & MIX

A little piece of everything, why not try Aerobics, Step & Circuits or Pump, Conditioning and Sculpt? Every week a different mix and variation to keep you in shape. Loads of selection to keep you motivated.

**Bums, Legs & Tums**  
This is a great toning class for all those out there who wish to get those legs, tums and bums in shape.

### Pilates

Is a gentle but highly effective workout that concentrates on slow and measured movements for improving posture, flexibility and injury prevention.

### SPLASH

Cardio and Strength Training using the resistance of the water. The harder you work the harder you make it.

**Aqua Aerobics**  
A fun, energizing workout in the pool that minimizes stress and impact on the joints.

### PEDAL POWER

On yer bike! Calorie killing at its best without the stress of choreography...you hear that guys! Great music and motivational instruction will complete your journey to calorie burning heaven. There are plenty of different sessions to choose from.

**Indoor Cycling**  
Indoor Cycling is a group exercise class done on stationary bikes. During the class the instructor simulates a bike ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.



# Group exercise is always fantastic fun

There's strength in numbers, a wide variety of classes and plenty of friendly encouragement.

You can choose from a range of world famous classes including Indoor Cycling, Boxercise and Pilates. Our group exercise offers you motivation when you're feeling flat, exciting workouts when you need a buzz and relaxing, stress free sessions when you need to wind down.

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