

AURA
TULLAMORE
LEISURE
CENTRE

Group exercise

Valid 11th January – March 2010

**DO YOUR BIT FOR THE
ENVIRONMENT**

View this timetable online
www.auraleisurecentres.ie



aura

WHERE PEOPLE FEEL BETTER

Class Timetable

Classes are free for pre-paid members!*

MONDAY

07:15
Indoor Cycling

10:45
Aqua Fit

16:00
Zig Zag

17:15
Bounce & Burn

18:00
Body Sculpt

18:00
Indoor Cycling

19:00
Step & Shape

19:00
Indoor Cycling

20:00
Aqua Fit

20:00
Pilates* Beginners

21:00
Pilates* Progressive

TUESDAY

10:00
Bums & Tums

18:00
Boxercise

18:00
Indoor Cycling

19:00
Body Sculpt

19:00
Indoor Cycling

20:00
Karate Course*

21:00
Karate Course*

WEDNESDAY

10:00
Pick & Mix Cardio

10:30
Ab Attack

10:45
Aqua Fit

17:15
Boxercise

18:00
Body Sculpt

18:00
Indoor Cycling

19:00
Bounce & Burn

19:00
Indoor Cycling

20:00
Aqua Fit

20:00
Successful Slimmers*

THURSDAY

10:00
Body Sculpt

18:00
Bounce & Burn

18:00
Begin to Spin

19:00
Boxercise

19:00
Indoor Cycling

20:00
Karate Course*

21:00
Karate Course*

FRIDAY

18:00
Pick & Mix

19:00
Indoor Cycling

20:00
Aqua Fit

SATURDAY

10:00
Zig Zag

10:30
Indoor Cycling

11:15
Ab Attack

11:30
Boxing*

SUNDAY

10:30
Indoor Cycling

11:15
Ab Attack

● 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.

Karate
Karate is a striking art using punching, kicking, knee and elbow strikes along with open-handed techniques. A great way to keep fit.

Body Sculpt
A fantastic workout utilising bar bells to increase your metabolism and improve your body shape.

● 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 Cycle
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.

● PICK & MIX

A different mix and variation to keep you in shape. Loads of selection to keep you motivated

● CARDIO

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

Step
Back in time, but forget the leg warmers! Using a step platform this workout challenges your heart and lungs whilst toning your legs and bum.

Zig Zag
Zig Zag Dance Mats – arcade style dance platform craze for the masses.

Boxing
Learn new boxing moves and techniques and burn calories on this lively course.

Boxercise
A fun lively class that offers the ultimate stress busting experience.

● SPLASH

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

Aqua Fit

Get out of the gym and into the pool, gentle but effective water based workout.

● CORE

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

Pilates

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

Ab Attack

Hey presto, flat abs, strong back. Come and have a ball!

Bums & Tums

A toning and sculpting class with emphasis on bums and tums.

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

*Zig Zag, Karate, Boxing, Successful Slimmers, Yoga and Pilates are courses and as such will incur a fee for all members





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 Aqua Fit, Karate 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.

Aura Tullamore Leisure Centre
Hophill Road
Tullamore
Co. Offaly
Phone: 057 932 9398
Email: information@auragroup.ie

www.auraleisurecentres.ie

