

AURA
LEISURE
LINK
NAVAN

Group exercise

Valid 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

10:00-10:45
Pump & Lift

11:00-11:45
Aqua Fit

19:00-19:45
Rebounding

19:00-19:45
Indoor Cycling

20:00-20:45
Total Body Tone

20:00-20:45
Indoor Cycling

20:00-20:45
Aqua Fit

TUESDAY

10:00-11:00
Khai Bo & Body Attack

19:00-19:45
Pump & Lift

19:00-19:45
Indoor Cycling

20:00-20:45
Rebounding

21:00-21:45
Boxercise

WEDNESDAY

10:00-10:45
Indoor Cycling

10:45-11:15
Cardio Strength

10:45-11:30
Aqua Fit

19:00-19:45
Adult Dance*

19:00-19:45
Indoor Cycling

20:00-20:45
Adult Dance*

20:00-20:45
Indoor Cycling

20:00-20:45
Aqua Fit

21:00-22:00
Pilates*

THURSDAY

10:00-10:45
Box & Bound

18:00-18:45
Rebounding

19:00-19:45
Indoor Cycling

19:00-19:45
Pump & Lift

20:00-20:45
Indoor Cycling

20:30-21:15
Boxercise

FRIDAY

10:00-10:45
Indoor Cycling

11:00-11:45
Aqua Fit

11:00-11:45
Easiline

19:00-19:45
Indoor Cycling

20:00-20:45
Aqua Fit

SATURDAY

09:15-09:45
Rebounding

10:00-11:00
Indoor Cycling

15:00-15:45
Teen Bootcamp

SUNDAY

10:30-11:30
Indoor Cycling &
Pump and Lift

CARDIO

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

Adult Dance

Fed up with the gym and want to try something different?

Boxercise

Box yourself fit and toned, get your gloves on!

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

Rebounding

Take athletic moves, add some bounce and a large helping of energy and fun, top up with great lively music, bring to the boil and serve to happy enthusiastic customers. You've just tasted Rebounding, enjoy!

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.

Total Body Tone

Top to Toe, a blend of exercises that will dramatically 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.

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.

Pump & Lift

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

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.

Cardio Strength

Great classes to help you burn calories the Aura way.

Box and Bound

Non contact martial arts mayhem with music and madness, but don't let that put you off, a fun lively class that offers the ultimate stress busting experience.

Khai Bo & Body Attack

Non-contact martial arts mayhem with music and madness, but don't let that put you off, a fun lively class that offers the ultimate stress busting experience.

Easiline

Resistance Circuits using equipment.

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.

*All courses 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 Boxercise, Aqua Fit 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 Leisure Link Navan
Windtown Road
Navan
Co. Meath
Phone: 046 907 9950
Email: information@auragroup.ie

www.auraleisurecentres.ie

