

AURA
LETTERKENNY
LEISURE
COMPLEX

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

07:15-08:00
Indoor Cycling

10:00-10:45
Step Aerobics & Strength for Life

11:00-11:45
Aqua Aerobics

13:15-13:45
Indoor Cycling

17:10-17:55
Rebounding & BLT

18:00-18:45
Strength for Life

18:00-18:45
Indoor Cycling & Burn

19:00-19:45
Martial Arts Aerobics & BLT

20:00-20:45
Fitness Pilates

20:00-20:45
Aqua Aerobics

TUESDAY

07:15-08:00
Indoor Cycling

10:00-10:45
Aerobics & BLT

17:10-17:55
Bums, Legs & Tums (BLT)

18:00-18:45
Strength for Life

19:00-19:45
Indoor Cycling & Burn

20:00-20:45
Aerobics & BLT

WEDNESDAY

07:15-08:00
Multi-station Training

10:00-10:45
Indoor Cycling & Strength for Life

11:00-11:45
Aqua Aerobics

13:15-13:45
Body Conditioning

17:10-17:55
Step Aerobics & BLT

18:00-18:45
Strength for Life

19:00-19:45
Indoor Cycling

20:00-20:45
Aqua Aerobics

THURSDAY

07:15-08:00
Indoor Cycling

10:00-10:45
Martial Arts Aerobics & Stability Ball

17:10-17:55
Rebounding & BLT

18:00-18:45
Strength for Life

19:00-19:45
Indoor Cycling

20:00-20:45
Pilates

FRIDAY

07:15-08:00
Indoor Cycling

10:00-10:45
Strength for Life

17:15-17:45
Indoor Cycling (Beginners only - €5)

18:00-18:45
Strength for Life

19:00-19:45
Indoor Cycling

SATURDAY

10:00-10:45
Rebounding & Strength for Life

SUNDAY

10:00-10:45
Indoor Cycling

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.

Step Aerobics & Strength for Life

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

Rebounding & BLT

Perfect to keep you fit and toned - we've just added a bit of bounce!

Aerobics & BLT

Always a timetable favourite to keep you fit and toned.

Bums, Legs & Tums (BLT)

Does exactly what it says - tones your bums, legs and tums.

Indoor Cycling & Strength for Life

Cycling and resistance training for a bit of variation.

Martial Arts Aerobics & BLT

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.

Martial Arts Aerobics & Stability Ball

A combination of combat style moves and ab exercises - even Bruce Lee needed a strong stomach!

CORE

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

Fitness Pilates

Pilates is for muscle tone, increased strength and flexibility and improved overall mobility and precision at which you move. It's perfect for people who like a meditative element in their exercise regimes.

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.

Strength for Life

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

SPLASH

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

Aqua Aerobics

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

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.

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

*Pilates is a course 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 Martial Arts Aerobics, Aqua Aerobics and Fitness 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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