

AURA
DUNDALK
LEISURE
CENTRE

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 members!*

MONDAY

11:00-11:45
Aqua Fit

16:30-17:15
Kids Khai Bo

18:00-18:45
Dance Aerobics

19:00-19:45
Indoor Cycling

20:00-20:45
Pilates*

20:00-20:45
Aqua Fit

TUESDAY

11:00-11:45
Easy Fitness

13:00-13:30
Indoor Cycling

17:30-18:00
Indoor Cycling

18:00-18:45
Step and Burn

19:00-19:45
Fit Ball

20:00-20:45
Yoga*

WEDNESDAY

07:30-08:15
Indoor Cycling

11:00-11:45
Aqua Fit

18:00-18:45
Indoor Cycling

19:00-19:50
Functional Training
(Body Conditioning)

20:00-20:45
Aqua Fit

THURSDAY

13:00-13:30
Abs Blast

17:30-18:00
Indoor Cycling

18:00-18:45
Dance Aerobics

19:00-19:45
Rebounding

20:00-20:45
Kettle Bells*

FRIDAY

07:30-08:15
Indoor Cycling

11:00-11:45
Aqua Fit

18:15-19:00
Indoor Cycling

20:00-20:45
Aqua Fit

SATURDAY

10:00-10:45
Indoor Cycling

11:00-11:45
Abs Blast

CORE

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

Abs Blast

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

Pilates

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

Yoga*

Enter into a deeper understanding of breathing, flexibility and strengthening exercises leaving the body feeling balanced and with a sense of well being.

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.

Easy Fitness

Great classes to help you burn calories the easy way.

Fitball

Toning class using a gym ball, great all over body tone.

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.

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.

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.

Kettle Bells

Using hand held weights, strengthen your whole body. This course increases muscle tone and helps decrease body fat. A 45 minute fun and challenging course run over 6 weeks.

CARDIO

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

Dance Aerobics

Fed up with the gym? Try our Dance Aerobics for something different to burn those calories.

Kids Khai Bo

Laying the stepping stones to a positive, active and healthy future for the younger generation.

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!

*Kettle Bells, Pilates and Yoga are courses so 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 Indoor Cycling, Fitball 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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