



# Group exercise

Valid January – April 2010

**DO YOUR BIT FOR THE ENVIRONMENT**  
View this timetable online  
[www.auraleisurecentres.ie](http://www.auraleisurecentres.ie)



**WHERE PEOPLE FEEL BETTER**

# Class Timetable

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

## MONDAY

**09:30-10:15**  
Step Aerobics & Tone

**10:15-10:45**  
Young @ Heart

**11:00-11:45**  
Aqua Fit

**18:30-19:15**  
Indoor Cycling

**19:30-20:15**  
Dance Aerobics

**20:00-20:45**  
Aqua Fit

## TUESDAY

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

**13:15-13:45**  
Lunch Time Ab Attack

**18:30-19:15**  
Body Pump & Bounce

**19:30-20:15**  
Indoor Cycling (intermediate)

**20:30-21:30**  
Pilates

## WEDNESDAY

**07:30-08:00**  
Indoor Cycling

**10:00-10:30**  
Indoor Cycling

**11:00-11:45**  
Aqua Fit

**18:00-20:00**  
Successful Slimmers

**18:30-19:00**  
Beginner Indoor Cycling

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

**20:00-20:30**  
Ab Attack

**20:30-21:30**  
Yoga

## THURSDAY

**10:00-10:45**  
Aerobics & Tone

**13:15-13:45**  
Lunch Time Bums & Tums

**18:30-19:15**  
Body Pump & Bounce

**19:30-20:30**  
Indoor Cycling & Strength

## FRIDAY

**11:00-11:45**  
Aqua Fit

**18:30-19:15**  
Beginner Indoor Cycle & Ab Attack

**20:00-20:45**  
Aqua Fit

## SATURDAY

**11:30-12:15**  
Indoor Cycling

**12:15-12:45**  
Ab Attack

## SUNDAY

**11:30-12:15**  
Indoor Cycle & Abs

### CORE

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

#### Ab Attack

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.

### 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.

#### BLT Ultimate Toning Class

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

### WEIGHT LOSS

**Successful Slimmers**  
10 week Programme Weight Loss / Fitness Assessment / weekly nutritional advice / exercise advice & weekly meeting with personal trainer.

### 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.

### 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.

#### Beginners Indoor Cycle

30min class introducing the participant to spin. Focusing on technique and bike set up.

#### Indoor Cycle

Burn 500 calories in just 30mins! A fun and challenging indoor cycle class that is guaranteed to burn calories fast and condition your body.

### 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.

**Indoor Cycle & Strength**  
30 minutes of each spinning and circuits. Maximise the results from this great workout.

#### Body Pump & Bounce

A non impact class which is a mix for aerobics on a mini trampoline and full body toning exercise finished with abdominal work. This class is recommended for all levels as it is non impact.

#### Aerobics & Tone

Enjoy aerobics followed by toning to give an excellent overall workout that will leave you invigorated. Suitable for all Levels.

#### Young at Heart

Light aerobic and toning workout for the older adult. An excellent class that leaves you feeling energized. Something different each week and fun guaranteed!

## 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.

#### Bums & Tums

Bums, Legs & Tums – Toning and sculpting class with emphasis on BL&T.

#### Step Aerobics & Tone

Enjoy step aerobics followed by toning to give an excellent overall workout that will leave you invigorated. Suitable for All Levels.

#### Dance Aerobics

Fed up with the gym? Try our dance aerobics for something different to burn off those calories.

Fitness Studio Available for Sports Teams & Schools

\*Pilates & 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, 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 Drogheda Leisure Centre**  
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