

AURA
TRIM
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

07:30-08:15
Indoor Cycling

10:00-10:45
Fit Ball

11:00-11:45
Aquafit

17:30-18:15
Rebounding

18:30-19:15
Indoor Cycling

19:15-19:30
Abs Attack

19:30-20:15
Indoor Cycling

20:00-20:45
Aquafit

20:30-21:15
Pump & Tone

TUESDAY

10:00-10:45
Indoor Cycling

10:45-11:00
Abs Attack

13:00-13:45
Pump & Tone

17:30-18:15
Indoor Cycling

18:30-19:15
Step

19:15-19:30
Abs Attack

19:30-20:15
Fit Ball

20:30-21:15
Pilates* course

21:15-22:00
Pilates* course

WEDNESDAY

07:30-08:15
Indoor Cycling

10:00-10:45
Rebounding

10:45-11:00
Abs Attack

11:00-11:45
Aqua Aerobics

17:30-18:15
Pump & Tone

18:30-19:15
Fit Ball

19:30-20:15
Boxercise

20:00-20:45
Aqua Aerobics

20:30-21:30
Yoga* course

THURSDAY

10:00-10:45
Pump & Tone

10:45-11:00
Abs Attack

13:00-13:45
Indoor Cycling

17:30-18:15
Rebounding

18:30-19:15
Indoor Cycling

19:15-19:30
Abs Attack

19:30-20:15
Pump & Tone

20:30-21:15
Indoor Cycling

FRIDAY

07:30-08:15
Indoor Cycling

10:00-10:45
Fit Ball

11:00-11:45
Aqua Aerobics

17:30-18:15
Fit Ball

18:30-19:15
Indoor Cycling

19:15-19:30
Abs Attack

19:30-20:15
Rebounding

20:00-20:45
Aqua Aerobics

SATURDAY

10:00-10:45
Indoor Cycling

11:00-11:45
Indoor Cycling

11:45-12:00
Abs Attack

SUNDAY

11:00-11:45
Pump & Tone

11:45-12:00
Abs Attack

CARDIO

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

Boxercise

Box yourself fit and toned, get your gloves on!

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!

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.

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 for this 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 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 & Tone

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

Fit Ball

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

CORE

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

Abs 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.

* 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, Boxercise 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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