

STUDIO ETIQUETTE

- Please consult your doctor if you suffer with any illness before participating in any class.
- Please fill in the screening form before participating in a class.
- Always arrive on time for classes, warm up is important. Members may not be able to take part if they miss warm up.
- Appropriate clothing and footwear must be worn during all classes.
- Drink plenty of water before, during and after your class.
- No children are allowed in adult classes.
- Minimum age for most classes is 16 years old. Please ask your Gym Instructor about our Teen Fitness Classes.
- There must be a minimum of two people present for a class to take place.
- For best results we recommend Cardio Resistance Training, three times a week.
- No changing or storage of bags or personal property in Studio/Gym, lockers are provided in the changing area.
- A water bottle and towel must be carried by all members.
- Members are asked to clean gym equipment after use.



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CLASS TIMETABLE 2012



First Class Sports & Social Facilities delivered through our highly trained professional staff.

DO YOU WANT TO Look and Feel Better, Begin classes or Improve your Fitness?

THIS IS YOUR CHANCE to let our Professional Gym Staff help you achieve your goals!



www.sportslink.ie

Classes Available for 2012

BTT (Thursday Mornings at 10.30am)
BTT Stands for Bums, Tums & Thighs. This is a 30 minute class aimed at tightening up the named areas. This class is specifically designed for the above areas. All exercises can be done without the use of gym equipment. A great way to feel good about yourself and these loose areas.

Spin (Classes 7 days, with beginners classes every Thursday & Sunday) **Get on your bike** for a great adventure with a qualified instructor. This will give you a great cardiovascular workout. You can also burn up to 500 calories per 45 minutes class.

Pump 'N' Tone (Mondays, Wednesdays & Sundays)
 This is an exciting barbell class to music using all major muscle groups. This is an innovative way to tone up all areas of your body.

Step 'N' Tone (Friday Mornings at 10.30am)
 This is fun enjoyable class combining fat burning and toning.

Boxercise (Tuesdays & Thursdays)
 Cardiovascular workout using boxing gloves and pads. This workout is suitable for all ages and levels of ability and fitness.

Circuits (Tuesdays & Thursdays)
 A varied class between different stations, working upper, middle and lower parts of your body. All exercises are aimed at improving overall general fitness and muscle tone. All levels of fitness welcome.

Teen Fitness (Wednesdays & Saturdays)
 This class is specially designed for teenagers aged between 12 and 15 years of age. This class involves Studio and Cardio workouts with a fully qualified Gym Instructor.

Zumba (Thursday Evenings at 8pm)
 This is the latest fitness craze, the program combines both Latin and International Music beats with exciting dance moves. Why not come and try a class!



Aqua (Mondays, Tuesdays, Wednesdays & Thursdays) **Using water resistance** to help you tone and strengthen your muscles.

Pilates (1 Morning & 2 Evening sessions every Wednesday) **Pilates is an exercise** which is focused on building strength, improving flexibility, agility and tightening up muscles.

Cardio Mix (Wednesday Mornings)
 This class is an ultimate calorie burner, which includes aerobics, cardio circuit and step.

Stability Ball & Tone (Monday Mornings) **Full body workout** to strengthen up your core muscles using a variety of weights.

Personal Training
 Let Pat Goodson help you with weight loss, Individual training programmes or to increase muscle mass. Personal training suitable for both Men and Women.



2012 CLASS TIMETABLE

☐ Morning Sessions ☐ Evening Sessions

Mondays

Spin	9.30am - 10.15am	€4.00
Stability Ball & Tone	10.15am - 10.45am	€2.00
Aqua	10.30am - 11.15am	€7.00
Spin	7.00pm - 7.45pm	€5.00
Pump 'N' Tone	8.00pm - 8.45pm	€5.00

Tuesdays

Circuits	9.30am - 10.30am	€3.00
Spin	7.00pm - 7.45pm	€5.00
Boxercise	8.00pm - 8.45pm	€5.00
Aqua	8.15pm - 9.00pm	€5.00

Wednesdays

Spin	9.30am - 10.15am	€4.00
Pilates*	10.00am - 10.50am	Course
Cardio Mix	10.30am - 11.15am	€4.00
Aqua	10.30am - 11.15am	€7.00
Teen Fitness	7.00pm - 8.00pm	€4.00
Pilates*	7.00pm - 7.50pm	Course*
Pump 'N' Tone	8.00pm - 8.45pm	€5.00
Pilates*	8.00pm - 8.50pm	Course

Thursdays

Circuits	9.30am - 10.30am	€3.00
BTT	10.30am - 11.00am	€2.00
Spin for beginners	6.30pm - 7.00pm	€4.00
Boxercise	7.00pm - 7.45pm	€5.00
Zumba**	8.00pm - 9.00pm	€8/€10
Aqua	8.15pm - 9.00pm	€7.00

Fridays

Spin	9.30am - 10.15am	€4.00
Step 'N' Tone	10.30am - 11.30am	€5.00

Saturdays

Spin	10.30am - 11.15am	€5.00
Teen Fitness	11.30am - 12.30am	€4.00

Sundays

Spin for beginners	10.00am - 10.30am	€4.00
Pump 'N' Tone	11.00am - 11.45am	€5.00

*Note. Pilates must be booked as a full Course only. Please enquire at reception desk regarding place availability and price.

** Zumba prices are €8 for members and €10 for non-members.