

Fitness Class Timetable Sept 10th – October 20th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
6.30am		Circuit Class Pay as you go			Circuit Class Pay as you go	
10. am		10am Yoga & Relaxation* 086 8177464			10.30am YOUtherapies PhysioFlow Class 0851188108	
6pm	Roche Bodyfit/cicuits Block booked x 4 wks	6:15pm Yoga & Relaxation* 086 8177464	Spin Fit * PAYG	Roche Bodyfit/cicuits Block booked x 4 wks		
7pm	Spin Fit* Pay as you go	7.30pm Yoga & Relaxation* 086 8177464	Spin Fit* Pay as you go	Mindfulness Based Stress Reduction Anne Buckley: 087 2777393		
8pm	YOUtherapies Pilates 0851188108					

Monday Sept 10th – October 20th (6 Weeks)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM						9:30am – 12:30pm Kids Swimming Lessons*	
10AM	Mum & Toddlers* Kate 085-7089134	Aqua Aerobic Free to Members			Aqua Aerobic Free to Members		
3:30PM	3:30pm – 6:30pm Kids Swimming Lessons*		3:30pm – 6:30pm Kids Swimming Lessons*			12:30pm-1.15 Junior Rescue 1	3pm Mum & Toddlers* Kate 085-7089134
4PM					4.15pm - 5pm Junior Rescue 1		
	6.15pm - 7pm Junior Rescue 1		6.15pm - 7pm Junior Rescue 1	8pm Aqua Aerobic Pay as you go			

POOL TIMETABLE

!!!GO GREEN!!! TAKE A SNAP OF OUR TIMEBALE. SAVE THE PAPER !!!GO GREEN!!!

CLASS TIMETABLE INFORMATION

- *Fees Apply for Classes. Contact Instructors for Details
- Some classes are block book so contact instructor for more information.
-  **Find us on Facebook** for upcoming events, class timetable & offers; <http://www.facebook.com/RiverLodgeFitness>
- Contact us by phone **(065) 684 4122** or by email at riverlodge@auburnlodge.com
- Kids Swimming Lessons run in blocks (**Term:** Sept 10th- October 20th). 6 weeks
- Contact Riverlodge to find out more 065-6844122
- Mum & Toddlers Swim Class – Contact Kate 085-7089134

CLASS DESCRIPTION

Aqua Aerobics: Aerobic fitness improving the fitness of your heart and lungs combined with resistance exercises. This will help increase muscle mass and fitness while decreased pressure on your joints. This is a great form of exercise, if recovering from injury or if you suffer from joint problems.

Bodyfit: Combination of Kettlebells, Circuits and HIIT. **Contact 085-1120700**

Spin Fit: Spin in indoor cycling on stationary bikes. It is a high calorie burner. It challenges your aerobic, anaerobic and muscular fitness and endurance.

Spin Circuit: Lively 45 minute class to kick-start your morning working on your Aerobic & Anaerobic levels of fitness both on the spin bike & off the spin bike.

Body Toning Class: 30 minute class based on the Swiss Ball (Body Ball/ Gymball) and/or mat. This class is a full body workout.

Yoga: What is Kundalini Yoga? It's like a yoga circuit training with a deep relaxation! Short workouts to music to work on core strength, posture & flexibility...

Deep Relaxation with music... Wonderful Meditations to help cope with a variety of life's problems (addictions, broken hearts, lack of energy, stress, depression & anxiety) And they really work!! Come & See! Improves Heart, Lungs, Liver, Kidneys, Balances Hormones, Improves Sleep, Relaxes Body & Mind

See Facebook Page Yoga and Meditation with Clodagh for further details on Kundalini Yoga or Clodagh 086 8177464

PhysiFLOW: Is a mix of the best bits of Pilates and yoga. €10.00 for Non- Members or €9 for members.

See Facebook YOUtherapies for further details or contact Aideen on 085 1188108

Pay as you go class PAYMENTS;

45-60 minute; Members €6, Non-Members €8

Find out more information please contact Reception or the Instructor teaching class