


## Riverlodge Class Timetable Starting April 29th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>10.00am</i>		<i>Aqua Aerobics 10.00 -10.45am</i>			<i>Aqua Aerobic 10.00 -10.45am</i>	<i>Kids Group Swim Lessons Starting13th of May 7 Week Block 9.30-12.30</i>
<i>3:30pm</i>	<i>Kids Group Swim Lessons Starting13th of May 7 Week Block 3.30-6.30pm</i>		<i>Kids Group Swim Lessons Starting15th of May 7 Week Block 3.30-6.30pm</i>		<i>Junior Rescue Starting12th of May 7 Week Block 4.15pm - 5pm</i>	<i>Junior Rescue Starting13th of May 7 Week Block 12.30-13.15pm</i>
<i>6.15pm</i>	<i>Junior Rescue 7 Week Block 6.15pm - 7pm</i>					
<i>6.45 pm</i>	<i>Spin Fit 6.45-7.30pm</i>		<i>Spin Fit 6.45-7.30pm</i>			

## CLASS TIMETABLE INFORMATION

- Fees Apply for Classes. Contact Instructors for Details
-  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](mailto:riverlodge@auburnlodge.com)
- Kids Swimming Lessons run in blocks this term is 7 Weeks.
- Contact Riverlodge to find out more 065-6844122

### 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.

**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.

*Pay as you go class PAYMENTS:*

*Members €6, Non-Members €8*