

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - AUTUMN 2015



Classes WITH smiley faces means no need to pre- book class, just come along!!!!

www.activeennis.ie

Classes WITHOUT smiley faces require prior booking

Like our page on Facebook (Active Ennis) and get up to date news

Adult Classes - need to be prebooked	Adult Classes - pay as you go	Teen Classes	Children's Classes	Babies' Classes	Pool Classes - Pay as you go
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am Pilates - Beginners Call: Christine 0877710642	7.30 - 8am Wake 'n' Shake cost €3	6.30am - 7.30am TRX Course €50 for 8 classes Contact reception to book	7.30 - 8am Wake 'n' Shake - €3	6.30am - 7.30am TRX Course €50 for 8 classes Contact reception to book	9 - 10 am Cardio Tone cost €6, (€4 golden yrs, €2 members)
11 - 12am Active Aged Fitness Class (Senior) cost €6 non member, €2 members	10am - 11 am Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)	10 - 11am Body Tone cost €6, (€4 golden yrs, €2 members)	10 - 11.30am Yoga Call: Antoinette 0863100827	10am - 11 am Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)	10 - 11.30 am Unislim contact Olga for details 0872526239
1.15pm - 1.45pm Lunchtime Workout with Nigel	1.15pm - 1.45pm Lunchtime Workout with Nigel starts	1.15pm - 1.45pm Lunchtime Workout with Nigel	1.15pm - 1.45pm Lunchtime Workout with Nigel starts	10 - 11am Friday Crunch cost €6, (€4 golden yrs, €2 members)	10.30 am - 11.30 am Nigels Body Pump Class cost €8
6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book	6.30 - 7.45pm Chess Club contact John for details 0872495913	4 - 4.45pm Yoga for Teenagers Contact Antoinette for details 0863100827	3 - 6pm Kid's Performing Arts contact Helen for details 0870657307	1.15pm - 1.45pm Lunchtime Workout with Nigel	<p>Teen Gym Hours 11 - 15 years</p> <p> Every Wednesday & Friday 4-5 pm - €4.50</p> <p>Saturday Gym 5-6pm & Pool 6-7pm - €6.00 for both or €4.50 for gym only</p>
7 - 8 pm Aerobics with Sue cost €6, €3 member	7 - 8 pm Zumba : Contact Valerie 0868263525 Cost €7	6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book	7 - 8 pm Nigels Body Pump Class cost €8 Starts 17/9/15	6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book	
8 - 9 pm Nigels Body Pump Class cost €8	8 - 9 pm Pilates - Intermediate Call: Christine 0877710642	7 - 8 pm Step Aerobics with Sue cost €6, €3 member	8.30 - 9.45 pm Krav Maga Self Defence Contact Daniel 0857416852	8pm - 9.30 pm Karate contact Jim for details 0872220300	
8.45 - 9.45 pm Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)		8.45 - 9.45 pm Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)	<p>Gym Opening Hours</p> <p>Mon 7am - 9.45pm Tues 7am - 9.45pm Wed 6.30am - 9.45pm Thurs 7am - 9.45pm</p> <p>Fri 6.30am - 9.45pm Sat 8am - 7.45pm Sun 10am - 5.45pm Bank Hols - 8am - 5.45pm</p>		