








ACTIVE ENNIS LEISURE COMPLEX CLASSES & COURSES - July & August 2016

Classes WITH smiley faces means no need to pre- book class, just come along!!!!
Classes WITHOUT smiley faces require prior booking, see contact details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1.15-1.45pm Lunchtime Workout cost €4</p>	 <p>7.30 - 8am Wake 'n' Shake cost €3</p>	 <p>1.15-1.45pm Lunchtime Workout cost €4</p>	 <p>7.30 - 8am Wake 'n' Shake cost €3</p>	 <p>10 - 11am Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)</p>	 <p>9 - 10 am Cardio Tone cost €6, (€4 golden yrs, €2 members)</p>
<p>6-7pm Active Body Bootcamp contact reception for booking & prices</p>	 <p>8.45-9.45 pm Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)</p>	<p>6-7pm Active Body Bootcamp contact reception for booking & prices</p>	 <p>9 - 10.30am 'My Time' Class Body Tone/Cardio/Pilates cost €7 or €5 members</p>	 <p>1.15-1.45pm Lunchtime Workout cost €4</p>	 <p>10 - 11.30am Unislim contact Olga for details 0872526239</p>
 <p>7 - 8 pm Body Pump with Nigel Cost €8</p>	<p>8 - 9 pm Pilates (Intermediate) July Only ring Christine 0877710642</p>	 <p>10 - 11am Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)</p>	<p>***** Enquire about our kids camps and intensive lessons for the months of July & August *****</p>	 <p>6-7pm Active Body Bootcamp contact reception for booking & prices</p>	 <p>5.30 - 7pm Unislim (Men Only) contact George for details 0863673152</p>
 <p>10 - 11am Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)</p>	 <p>Áiseanna Spóirt is Fóillíochta Sports and Leisure Facilities</p>	 <p>5.30 - 7pm Unislim contact Olga for details 0872526239</p>		<p>Gym Opening Hours Mon, Tues & Thurs 7 a.m. - 9.45 p.m. Wed & Fri 6.30 a.m. - 9.45 p.m. Sat 8 a.m. - 7.45 p.m. Sun 10 a.m. - 5.45 p.m. Bank Holidays 8 a.m. - 3.45 p.m.</p>	<p>Teen Gym Hours Mon - Fri 11am - 1 pm Wed & Fri 4pm - 5pm Saturday 5-7pm €4.50 for Gym Session or Gym and Pool for only €6</p>