















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