

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - SUMMER 2017



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

Classes WITHOUT smiley faces require prior booking

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check our website for up to date news	Kids CAMPS & INTENSIVE SWIM LESSONS throughout July & August	10 - 11am BODY TONE cost €6, (€4 golden yrs, €2 members)	Kids CAMPS & INTENSIVE SWIM LESSONS throughout July & August	10am - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	8 - 11 am UNISLIM contact Olga for details 0872526239
11 - 12am ACTIVE AGED FITNESS CLASS (Senior) cost €6, €3 members	10am - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	Lunchtime Crunch 1.15 - 1.45pm cost €4	9am - 10.30am 'MY TIME' CLASS cost €7, €5 members TAI CHI	10 - 11am FRIDAY CRUNCH cost €6, (€4 golden yrs, €2 members)	9 - 10 am CARDIO TONE cost €6, (€4 golden yrs, €2 members)
Lunchtime Crunch 1.15 - 1.45pm cost €4	6-7pm Yoga Flow Contact: Deborah 0867365169	4pm - 5pm TEEN GYM (11 - 15 yrs) €4.50 Under supervision of qualified instructors	Check our website for up to date news	Lunchtime Crunch 1.15 - 1.45pm cost €4	<u>Weekend Kids Swimming Lessons</u> 3 yrs + Sat 10am-1pm. Sun 10am & 11am. 7wks €65/€60 2nd child
6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book	7 - 8pm TRX / KETTLEBELLS COMBO 6 wks €55 / members €50 / payg €10 per class	6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book	7 - 8pm Zumba Contact: Kasia 0868963098	4pm - 5pm TEEN GYM (11 - 15 yrs) €4.50 Under supervision of qualified instructors	5-6pm TEEN GYM (11 - 15 yrs) €4.50 or Gym & Swim €6 (pool 6-7pm)
7 - 8pm Full Body Fitness Contact: David 0857532077	8 - 9 pm PILATES - Level 2 & 3 Call: Christine 0877710642	7 - 8pm Full Body Fitness Contact: David 0857532077	Kids CAMPS & INTENSIVE SWIM LESSONS throughout July & August	6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book	 Teen Gym Hours 11 - 15 years Wed & Fri @ 4-5pm - €4.50 Saturday Gym 5-6pm & Pool 6-7pm - & SCHOOL HOLS 11am-1pm - €6.00 for both or €4.50 for gym only (1 hr)
8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	8.45PM -9.45PM Adult Intensive Swim Lessons €12 / €10 members per lesson from 06/06/17	8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	8.45PM -9.45PM Adult Intensive Swim Lessons €12 / €10 members per lesson from 08/06/17	TEL : 065 6821604 FOR FURTHER INFORMATION & TO BOOK	

SAVE WITH BLOCK TICKETS

BOOKS OF 10 TICKETS

ADULT POOL €48	CHILD POOL €36	GYM PEAK €60
GYM OFF PEAK €48	STUDENT €36	
GOLDEN YEARS €36	UNWAGED €36	

Gym Opening Hours

Mon 7am - 9.45pm	Fri 6.30am - 9.45pm
Tues 7am - 9.45pm	Sat 8am - 7.45pm
Wed 6.30am - 9.45pm	Sun 10am - 5.45pm
Thurs 7am - 9.45pm	Bk Hols 8am -3.45pm

