

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - 1st July - 31st Aug 2016

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

Classes WITHOUT smiley faces require prior booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am Pilates - Beginners (July only) Call: Christine 0877710642	 7.30 - 8am Wake 'n' Shake cost €3	 1.15pm - 1.45pm Lunctime Workout with Nigel (July & Aug)	 7.30 - 8am Wake 'n' Shake - €3	 10am - 11 am Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)	 9 - 10 am Cardio Tone cost €6, (€4 golden yrs, €2 members)
 1.15pm - 1.45pm Lunctime Workout with Nigel (July & Aug)	 10am - 11 am Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)	6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book	 9am - 10.30am 'My Time' Class cost €7, €5 members - Body Tone, Cardio, Pilates	 1.15pm - 1.45pm Lunctime Workout with Nigel (July & Aug)	 10 - 11.30 am Unislim contact Olga for details 0872526239
6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book	8 - 9 pm Pilates - Intermediate (July only) Call: Christine 0877710642	 8.45 - 9.45 pm Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members)	Get our up to date news. Like our page on Facebook: ActiveEnnis	6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book	 10.30 -12pm Unislim for Men only contact George 0863673152
 7 - 8 pm Nigel's Body Pump starts 11th July cost €8	 Kids Summer Camps and Intensive Lessons running for July & August. Enquire @ Reception	 5.30pm - 7pm Unislim contact Olga for details 0872526239		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)	SAVE WITH BLOCK TICKETS BOOKS OF 10 TICKETS ADULT POOL €48 CHILD POOL €32 GYM PEAK €60 GYM OFF PEAK €48 STUDENT €36 GOLDEN YEARS €36 UNWAGED €36 Proof must be provided for Student/Unwaged tickets.		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 Bank Hols - 8am - 3.45pm		
Check out our website: activeennis.ie		TEEN GYM HOURS 11 - 15 years Mon - Fri 11am-1pm Saturday 5-7pm Gym €4.50 Gym & Pool - €6 Wed & Fri 4 - 5 pm Gym only €4.50			