

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - WINTER 2015/16



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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| 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 | 10 - 11am Body Tone cost €6, (€4 golden yrs, €2 members) | 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) |
| 11 - 12am Active Aged Fitness Class (Senior) cost €6 non member, €3 members | 10am - 11 am Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members) | 1.15pm - 1.45pm Lunchtime Workout with Nigel | 10 - 11.30am Yoga Call: Antoinette 0863100827 | 10 - 11am Friday Crunch cost €6, (€4 golden yrs, €2 members) | 10 - 11.30 am Unislim contact Olga for details 0872526239 |
| 1.15pm - 1.45pm Lunchtime Workout with Nigel | 10am - 11am - PlyoBuggy - Fitness Class for Mums with Baby & Buggy Contact: Roberto Jnr 089 4127757 | 6 - 7 pm Active Body Bootcamp 4 week course €60 Contact reception to book | 4 - 6pm Kid's Performing Arts contact Helen for details 0870657307 | 1.15pm - 1.45pm Lunchtime Workout with Nigel | |
| 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 | 7 - 8 pm Step Aerobics with Sue cost €6, €2 member | 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 | <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, €2 member | 7 - 8 pm Zumba : Contact Valerie 0868263525 Cost €7 | 8.45 - 9.45 pm Aqua Aerobics Cost €6.50, (€4.70 golden yrs & €2 members) | | 8pm - 9.30 pm Karate contact Jim for details 0872220300 | |
| 8 - 9 pm Nigels Body Pump Class cost €8 | 8 - 9 pm Pilates - Intermediate Call: Christine 0877710642 | <p>Active Ennis Leisure Complex Sports and Leisure Facilities</p> | | | |
| 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 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 - 5.45pm</p> | | | |