

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - WINTER 2019



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

www.activeennis.ie

Classes WITHOUT smiley faces require prior booking

Like our page on Facebook (Active Ennis) and get upto date news

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am Body Blast cost €6, €2 members	7.30 - 8 am HIIT Aerobics cost €4, €2 members	10 - 11 am Body Blast cost €6, €2 members	7.30 - 8 am HIIT Aerobics cost €4, €2 members	10 - 11 am Body Blast cost €6, €2 members	8 - 11 am Unislim contact Olga for details 0872526239
11 am - 12 pm Chair Fitness (Impaired mobility class) cost €6, €3 members	8.30 - 10 am Roll with It Contact Karriann 0862639454 €50 6 weeks or €10 PAYG	1.15 - 1.45pm Lunch Crunch cost €4	8.30 - 10 am Tai Chi cost €7, €5 members	10 - 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)
1.15 - 1.45pm Lunch Crunch cost €4	10 - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	3.30 - 5.30pm Rinka Kids Fitness contact Audrey 0860792516	10 - 11.30 am YOGA Contact Antoinette 0863100827	1.15 - 1.45pm Lunch Crunch cost €4	
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	8 - 9 pm PILATES - Level 2 & 3 Call: Christine 0877710642	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	11.30 am - 12.30 pm ZUMBA & POUND Contact: Kasia 086 8963098	4.00 - 5.00 pm Teen Pound Fitness cost €5	
7 - 8pm Zumba Contact Kasia 0868963098		7 - 8 pm Boxercise €50 6 weeks or €10 PAYG Contact Kerriann 0862639454	4 - 6pm Theatro School of Performing Arts contact Helen Ball 0870657307	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	SUNDAY
8 - 9 pm Boxercise €50 6 weeks or €10 PAYG Contact Kerriann 0862639454		8 - 9 pm Pound Fitness Contact: Kasia 0868963098	7 - 8 pm Zumba Contact: Kasia 0868963098	8 - 9.30 pm Karate contact Jim for details 0872220300	10.15 -11.15am Boxercise €50 6 weeks or €10 PAYG Contact Kerriann 0862639454
8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)		8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	<div style="background-color: #4b0082; color: white; padding: 10px; border-radius: 15px;"> <p style="text-align: center;">Teen Gym Hours 11 - 15 years</p> <p style="text-align: center;"><u>Wed & Fri</u> 4 - 5 pm €4.50</p> <p style="text-align: center;"><u>Saturday</u> 4 - 5 pm €4.50 (add pool from 5 - 6pm for an extra €1)</p> <p style="text-align: center;"><u>School Holidays</u> Mon - Friday 11 am - 1pm €4.50 per hour</p> </div>		

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

ACTIVE ENNIS POOL TIMETABLE - Autumn/Winter 2018 TEL: 065 6821604 www.activeennis.ie

	MORNING		AFTERNOON		EVENING		
MON	Public Swim* 8am-12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	Adult only Swim 7.55 - 8.45pm AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45
TUES	Public Swim* 8am - 12.45pm	AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	Adult only Swim 7.55 - 8.45pm 8.45 - 9.45PM MASTERS Private Booking
WED	Public Swim* 8am - 12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	WIDTH SWIM Adult only 8 - 8.45pm AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45
THURS	Public Swim* 8am - 12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	Adult only Swim 7.55 - 8.45pm 8.45 9.45PM ADULT SWIMMING LESSONS Reg/Imp/Advan
FRI	Public Swim* 8am - 12.45pm	AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm Kid's Swim Lessons 4-4.45pm (BOTH POOLS CLOSED 4pm-7pm)	POOL CLOSED Private Booking 4pm - 7pm	Public Swim * 7pm - 8.45pm (Children to be accompanied by an adult)	8.45 - 9.45pm MASTERS Private Booking
SAT	Public Lane Swim* 7-8am	Pool Closed 8-10am	Kid's Swim Lessons 10am - 2pm (N.B. BOTH POOLS CLOSED)	Public Swim* 2pm - 7.45pm Very restricted Swimming at certain times		Adult only Swim 7.45 - 8.45pm	
SUN	Private Booking Pool Closed 7-10am	Kid's Swim Lessons 10am - 12pm (N.B. BOTH	Public Swim* 12pm - 4.45pm Very restricted Swimming at certain times	KIDS BIRTHDAY PARTIES! 1 hr Fun time in the pool. Hot Food. Return swim present for Birthday Child. Party invitations provided. All for only €12 per child. Contact reception on 065 6821604 for more details.			

Bank Hol	Public Swim* 8am - 3.45pm	<p>* Restrictions may apply to public times</p> <ul style="list-style-type: none"> Swimming caps are compulsory. Waterproof swim nappies must be worn by toddlers Under 8s must be accompanied by an adult in the water at all times Children may only stay in the pool until 7.55pm with the exception of Fridays when they can stay until 8:45 pm when accompanied by an adult Maximum stay is 2 hours per person Must be able to swim 2 lengths of pool and tread water before entering the deep end of the pool. Last entry is 45 minutes before closing time. Sat Morning Lane Swim 7-8am. Lane swimming is for all. Please note that public lane for 'lane swimmers only' will only be available when the pool is <u>not too busy</u>. 7am swim from Monday to Friday finishes September 14th.
-----------------	------------------------------	---

