

# ACTIVE ENNIS LEISURE COMPLEX CLASSES & COURSES - Aug 2015



**Classes WITH smiley faces means no need to pre- book class, just come along!!!!** [www.activeennis.ie](http://www.activeennis.ie)

**Classes WITHOUT smiley faces require prior booking, see contact details.**

Adult Classes - need to be prebooked	Adult Classes - pay as you go	Teen Classes	Children's Classes	Pool Classes - pay as you go	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 - 12am Active Aged in Action (€6 golden yrs, €3 members)	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 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)
1.15-1.45pm Lunchtime Workout cost €4	10 - 11am Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)	1.15-1.45pm Lunchtime Workout cost €4	***** Enquire about our kids camps and intensive lessons for the months of July & August *****	10 - 11am Friday Crunch cost €6, (€4 golden yrs, €2 members)	10 - 11.30 am Unislim contact Laura for details 0861005948
8 - 9 pm Body Attack with Nigel Cost €8		8.45-9.45 pm Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)		1.15-1.45pm Lunchtime Workout cost €4	10.30 - 11.30am Body Attack with Nigel Cost €8
8.45-9.45 pm Aqua Aerobics cost €6.50, (€4.70 golden yrs, €2 members)		***** Enquire about our teen activities (11-15 yr olds) for the Summer *****		8 - 9.30 pm Karate contact Jim for details 0872220300	
<p>Áiseanna Spóirt is Fóillíochta Sports and Leisure Facilities</p>			<b>Gym Opening Hours</b> Mon, Tues & Thurs 7 a.m. - 9.45 p.m. Wed & 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.		<b>Teen Gym Hours</b> Mon - Fri 11am - 1 pm Wed & Fri 4pm - 6pm Saturday 5-7pm €4.50 for Gym Session or Gym and Pool for only €6.