

NEWRY LEISURE CENTRE

SPRING/SUMMER CLASS TIMETABLE

Tel: 028 3031 3190

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	TIME	CLASS
MONDAY	6.45AM	BOOTCAMP
	9.45AM	SPINNING
	10.00	OVER 50'S
	12.45PM	BODYPUMP
	6.00PM	BODYPUMP
	6.00PM	PILATES
	6.15PM	LADIES' FITBOX
	7.00PM	CIRCUIT TRAINING
	7.15PM	SPINNING
	8.15PM	CORE STRENGTHENING
TUESDAY	8.30PM	SPINNING
	9.45AM	SPINNING
	12.45AM	HIIT
	5.30PM	PILATES
	5.30PM	SPINNING
	6.30PM	TRIM'N'TONE
	7.30PM	STEP UP
8.00 PM	PILATES	
WEDNESDAY	6.45AM	BOOTCAMP
	9.45AM	SPIN
	10.00AM	OVER 50's
	12.45PM	BODYPUMP
	6.00PM	BODYPUMP
	6.00PM	SPINNING
	7.00PM	CIRCUIT TRAINING
	7.15PM	SPINNING
THURSDAY	9.30AM	LEGS, BUMS & TUMS
	9.45AM	SPIN
	12.45	HIIT
	6.00PM	BODYPUMP
	7.00PM	SPINNING
	7.15PM	FIT BALL
FRIDAY	6.45AM	FAST SPIN
	9.30AM	PILOXING
	10.30AM	PILATES
	10.00 AM	OVER 50'S
	12.45PM	BODYPUMP
	5.45PM	SPINNING
	6.00PM	WEEKEND WARRIOR
	7.15PM	TEEN SPIN
SATURDAY	9.30AM	BODYPUMP
	10.30 AM	HARDCORE SPIN
SUNDAY	10.30	SPINNING
	12.00	SUNDAY ROAST BODYPUMP

ALL CLASSES
 SUBJECT TO
 CHANGE ON A
 REVIEW BASIS
**PLEASE BOOK
 IN ADVANCE AT
 RECEPTION OR
 ONLINE FOR ALL
 CLASSES
 NON- MEMBERS
 WELCOME £5.20
 PER CLASS**

CLASS DEFINITIONS

Core Strengthening ~  Tuning in on the core muscles, This class will strengthen the abdominals and lower back. Combining a series of crunches, stability holds, pilates and yoga poses.

Body Pump ~  Body Pump is the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is for just about everybody. It's perfect for both men and women who want to add strength training into their aerobic workout, using barbells and weights.

Spinning ~  Spinning will increase cardiovascular fitness, burn fat, tone & shape your legs, hips & butt. You will gain leg strength and muscular endurance without building bulk. Spinning has been proven to burn up to 800 calories in one hour. Work at your own pace on the stationary bike.

Circuit Training ~  Alternating stations of self paced resistance training and cardiovascular work makes this class a fun and challenging total body workout for men and women of all fitness levels. 1-hour workout comprising of high intensity aerobic and anaerobic exercises to target all areas of the body.

Total Body Toning ~  This circuit based class offers a very effective low impact workout that will increase muscle and your metabolic rate, thus helping you to burn fat while you are resting. Increase your core strength, general stamina, bone strength, improve your resistance to fatigue and joint stability and posture.

Ladies fit box ~  Finish your day right with this fun class, laid out in circuit fashion to keep you moving your entire body. This class will improve your strength and endurance, burn fat and tone those muscles.

Kettlebells ~  Kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders, and increase grip strength. The class involves basic movements, such as the swing, snatch, and the clean and jerk, engaging the entire body at once.

Step It Up ~  All Over Cardio Body Workout and Toning Class for females. Great fat burner. Suitable for all abilities.

Pilates ~  A Physical fitness class, using controlled movement and breathing to tone body & mind. Simple exercises great for people of all ages and abilities; especially those who've had back problems. Whatever your level of experience, or a complete novice, you will notice an improvement in your posture, body & fitness in a very short time.

Over 50's Keep Fit ~  Fitness Class for males and females, including Gym, Circuit Training, Pilates, Yoga & Swiss Ball.

Fit Ball ~  Three workouts in one! This class is designed to give you the ultimate challenge workout. Sweat through a combination of cardio, strength training, and box fit for a total body workout.

Piloxing ~  This Class uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. Great workout for all.

