

ENERGISE YOUR LIFE PROGRAMME – 2024

Older Adult 55+ Fitness Programme

September 16th – December 12th

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Cornelia
10.30-11.10	Revelate Gold	Blue Gym	Cameron
11.15-12.00	Mat Pilates	Studio 5	Brigette

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Gillian
10.30-11.10	Revelate Gold	Blue Gym	Megan
11.15-12.00	Zumba	Studio 7	Karen

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Brid
10.30-11.15	Functional Training	Studio 7	Glenn
10.30-11.15	Yoga	Studio 4	Robert

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer Pilates	Studio 2	Megan
10.30-11.15	Total Fitness	Studio 7	Adam
11.15-11.45	Spin	Studio 3	Ronan

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. * Minimum of 4 to run a class
- Mats are not provided but can be purchased from Reception.
- If you are new to exercise, we advise you to check with your General Practitioner for clearance before commencing any Physical Activity.
- Please check in with class instructor before class begins
- Late comers will not be accommodated

Price: 45+min Class: Member- €5.00/ Non-Member- €8.00

30min Class- Member-€3.00/ Non-Member €4.00

Reformer Pilates/ Revelate Gold: Members €7.50/ Non-Members €10.50

