

# Fitness Classes

from Monday July 10th

PORTARLINGTON  
Leisure Centre



Monday's Classes	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Rachel	Main Pool
Begin to Spin & Abs (45 mins)	6.30pm - 7.15pm	Russell	Studio
Spin & Tone	7.30pm - 8.25pm	Rachel	Studio
RIP30	8.30pm - 9.15pm	Russell	Studio

Tuesday's Classes	Time	Instructor	Location
Teen Weight training course	2.00pm - 3.00pm	Darren	Gym/Studio
Aquafit	7.00pm - 7.40pm	Bernard	Main Pool
Kettlebells	7.30pm - 8.25pm	Jason	Studio
Spin & Core	8.30pm - 9.25pm	Jason	Studio

Wednesday's Classes	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Russell	Main Pool
Meet & Train	6.30pm - 7.25pm	Varied	Pitch & Park
Spin & Tone	7.30pm - 8.25pm	Rachel	Studio

Thursday's Classes	Time	Instructor	Location
Teen Weight training course	2.00pm - 3.00pm	Darren	Gym/Studio
Aquafit	7.00pm - 7.40pm	Irene	Main Pool
Boxfit & Tabata Core	7.30pm - 8.25pm	Jason	Studio
Spin & Core	8.30pm - 9.25pm	Jason	Studio

Friday's Classes	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Jason	Main Pool

Saturday's Classes	Time	Instructor	Location
Spin & Core	9.00am - 9.55am	Jason	Studio
Teen Weight training course	2.00pm - 3.00pm	Darren	Gym/Studio
Teen Gym Session	3.30pm - 4.30pm	Jason	Gym/Studio

All of the above classes are included in Membership. PAYG €7 per class

[www.portarlingtonleisurecentre.ie](http://www.portarlingtonleisurecentre.ie)

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