

DCU SPORT NEWSLETTER

January 2012

DCU SPORT'S COMPLEX

Welcome

I would like to thank you for taking the time to read our brand new newsletter. We hope this newsletter will allow us to inform you of many initiatives and updates in your club. We look forward to welcome you to the club during 2012.

Yours in sport,

Ken Robinson

Chief Executive



NEW YEAR NEW YOU

GREAT NEWS — DCU Sport is offering members 3 personal training sessions to kick off your new year fitness regime. Book your first appointment today at the complex reception! (Terms & conditions apply)

DCU Sport offers a wide range of classes and programmes, from everyday fitness classes to medical supervised exercise programmes. At DCU Sport we want to ensure that you as a DCU Sport member are getting the most out of your membership and get the results you're looking for from your exercise programme.

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Special points of interest:

- Book New Term of Swimming Lessons NOW.
- 3 FREE Personal Training Sessions to members
- Check out our group fitness classes
- Book in for your fitness programme today!
- Family programmes, children's camps..

'Creating purpose through people and programmes'



New Group Fitness Schedule

New Year Group Fitness Schedule is now available!

Our new fitness manager Graham Byrne will be delivering along with our fitness team a new, exciting & energetic classes that will get you fit and motivated for the coming year. Why not try a spin class, tone up with Pump & Tone or challenge yourself with Core attack!



Get your copy from the sports complex reception today or visit our website www.dcu.ie/dcusport.

Children's Swimming Lessons



There are some spaces still available for our children's swimming lessons, catering for beginners, improvers and junior swim squad.

Book now!! Lessons run from Jan 9th - April 2nd 2012

Remember there is a discount on all lessons for members!

Regular physical activity is an excellent and fun way to maintain heart health.

ExWell Medical Programmes at DCU Sport

ExWell Medical programmes are a series of medically supervised programmes run here at DCU Sport. These consist of our:

HeartSmart, a cardiac rehabilitation programme.

BreatheSmart, a pulmonary rehabilitation programme.

SmartSteps, a vascular rehabilitation programme.

Participants can pay per class or it is included with an annual membership of DCU Sport. For information, please contact Lorraine on 01-7008467

Programmes



Pilates Level 2 – If you have attended some of our general Pilates classes are ready for a new challenge, then why not try our Pilates level 2 classes!

Mama and Baby Pilates – This class is for new mums wanting to re-gain fitness and well-being after pregnancy and birth. A great class to make the most of this precious time with your new baby.

Parent & Baby Swimming – To develop and build baby's confidence in the water, parent and baby swimming is a fun and sociable class for you and baby.

For further information on these or any other programmes, please contact reception at 01 7005797 or visit www.dcu.ie/dcusport

Family, Children's and Teen Programmes

Teen Fitness – This is an exciting group fitness class for young adults aged between 12 and 15. Join us each Friday, where you will be introduced to the fitness centre and classes in a safe environment. Teens will learn about good nutrition, a healthy lifestyle and maintaining a good fitness level for life.

Fit Mama's – Make the most of your 'me-time' and take 45 minutes to get fit, every Friday morning with Emma.

Children's camps— watch out for information on our Easter & Summer Camps!

'Creating purpose through people and programmes'

Coming Soon....

- New Weightloss Programme
- Children Easter & Summer Camp
- New ExWell Medical Programmes 'Move On' for breast and colo-rectal cancer survivors & 'Diabetes Smart' for diabetics.





We have recently refurbished our facilities with new fitness equipment, updated changing facilities and re designed of our reception area. We hope all changes will make each visit a positive and comfortable experience for you.

YOUR FITNESS, YOUR FEEDBACK

We welcome all feedback on our classes & facilities please visit www.dcu.ie/dcusport (contact us) or fill in a comment form at our reception.

Have your say!

We will be holding Customer Group Meeting on Tuesday 31st January so here is your chance to have your say and tell us what you want from your membership here at DCU Sport. Place are limited so please contact yvonne.hennessy@dcu.ie if you are interested.

New Year Offer:

3 months Membership Offer for only €150 available now to all Public, DCU Staff and DCU Alumni.

T&C's apply and offer valid until 31st January 2012.

COMPETITION

What's the name of our new fitness manager?

Send your answer, name and contact details to yvonne.hennessy@dcu.ie and be entered into a prize draw for a 3 month membership voucher.

DCU Sport

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