

DCU Sport

Summer Group Fitness Schedule

Valid: 8th May - 31st August 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
10 am Active for life <i>Emma</i>			10 am Active for life <i>Irina</i>		
11:15 am Aqua Aerobics <i>Emma</i>		10am Active Stretch & Flex <i>Des</i>	11:15 am Aqua Aerobics <i>Irina</i>		
Lunchtime					
1 pm *Meet & Train <i>Lauri</i>	1pm *Kettlebells <i>Graham</i>	1 pm *Meet & Train <i>Des</i>	1 pm *Kettlebells <i>Martina</i>	1 pm *Spin <i>Emma</i>	1pm *Gym for All <i>Des</i>
1 pm *Spin <i>Emma</i>	1pm Pilates <i>Irina</i>	1 pm *Spin <i>John</i>	1 pm Pilates <i>Irina</i>		
Evening					
6 pm Pilates <i>Emma</i>	6 pm ***Zumba <i>Ruth</i>	6pm **Nike Training Club <i>Emma</i>	6pm *Spin <i>John</i>	5pm *Teen Fit <i>Denise</i>	
6 pm *Spin <i>Graham</i>	6pm **Bootcamp <i>John</i>	6:45pm *Core Attack <i>John</i>		6pm *Spin <i>Denise</i>	
6:45pm *Core Attack <i>Graham</i>	6:45pm *Core Attack <i>John</i>	7pm *Spin <i>John</i>	6:45pm *Core Attack <i>John</i>		
7pm *Pump & Tone! <i>Denise</i>	7pm *Spin <i>Emma</i>	7pm Pilates <i>Emma</i>	7pm *Kettlebells <i>John</i>		

* DCU Staff & students NON members can pay €5 for these classes (€7.50 for one class & core attack).

** Public non members can pay €10 for these classes ONLY

***NOTE For Zumba there is a charge of €5 members.

- All participants must scan in to the required class, at reception, 10 minutes prior to the class time.
- All classes will cater for all levels.
- Participants must follow the 'Studios Code of Conduct', which is displayed in each studio.
- Classes may be merged or withdrawn without notice.
- Phone bookings will no be accepted.
- All classes 45mins, Lunchtime classes 35 & core attack 15mins.



6.30am-10.30pm Mon-Fri
10am-6pm Saturday, Sundays & Bank Holidays
PH: 7005797 or visit www.dcu.ie/dcusport



class descriptions

Nike Training Club - delivers the most efficient and effective workout to get you lean, toned and strong

Spin - Super fat burning on stationary bikes.

Kettle Bell - Conditioning with Kettle Bells

Boot camp - Come prepared to sweat in this group style, ultimate, fat burning session.

Pump & Tone - Tone up & burn fat with a full body toning class.

Core Attack - a great 15 minute workout designed to tone up and strengthen the core.

Pilates - focused on building core strength, improving flexibility, agility and helping to prevent injury.

Active Stretch & Flex - great class to improve flexibility, posture and mobility.

Aqua fit - An invigorating water workout

Active for life - Keeping the older adult Active!

FITNESS PROGRAM

Book your appointment for a Fitness Program at the sports complex reception today!

YOUR FITNESS, YOUR FEEDBACK

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