

Markievicz Leisure Centre



CLASS TIMETABLE: 2010

TIME	MON	TUE	WED	THUR	FRI
08.00 Half hour class		Begin to Spin!			
13.15 Half hour class	Spinning	Bums & Tums	Go for a quick Spin!	Bums & Tums	Power Step
17.30	Begin to Spin!	Cardio Combat	Circuits	Spin + Abs Mixed level	
18.30	Pump & Tone	Inter Spin + Abs	Advanced Spin + Abs	Step	
19:30			Power Step	Aerobics	
20.00			Aqua Fit		

- **Bums & Tums:** Combination of Aerobics & Step aerobics and Toning.
- **Hi / Lo aerobics:** Exercise to Music with high and low impact moves.
- **Pump & Tone:** Class using Body Resistance, Swiss Balls and Strength Bars.
- **Circuit Training** Variety of exercises, resistance, toning & aerobic in a station based circuit class.
- **Aqua Fit:** Exercise to music in the pool. Great fun, non-swimmers welcome.
- **Spin:** Class done on Spinning bikes, low impact, high & low intensity class.
- **Hip-Hop:** Hip-Hop style Aerobics.