



Dublin City Council
Comhairle Cathrach Bhaile Átha Cliath



Poppintree Community Sports Centre

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Spring Fitness Programme

Mon:	Boxercise	11am
	Body Blast (30 min Lunchtime class (€2))	13.30pm
	AeroStep	6pm
Tues:	B.L.T Blast (Butt, Legs, Tummy)	11am
	Boot Camp Circuit Class	6pm
Wedns:	Golden Tone (Suits over 55s (€2) 30 min class)	12pm
	Body Blast (30 min Lunchtime class (€2))	13.30pm
	Boxercise	8pm
Thurs:	Body Blast	6pm
	Boxercise	8pm
Fri:	B.L.T. Blast (Butt, Legs, Tummy)	11am
	Boxercise	12pm
	Body Blast (30 min Lunchtime class (€2))	13.30pm

***All Welcome - €3 per class (18s + only). 1st Class Free with flyer
See Over for Class Descriptions***



Class Descriptions

AeroStep *Mon 6pm*

A form of physical exercise that combines rhythmic step aerobic exercises with stretching and strength training routines. Improving all elements of fitness, flexibility, muscular strength and cardio-vascular fitness.

B.L.T Blast (Butt, Legs, and Tummy) *Tues 11am, Fri 11am*

A class designed to target and improve your lower body with a combination of strengthening exercises. Great for toning and sculpting these important areas. Suitable all fitness levels.

Body Blast *Mon, Wed, Fri 1.30pm, Thurs 6pm*

30 min Lunchtime class that will speed up your metabolism for the rest of the day(€2)(Thurs 60 min Class €3)

Boot Camp Circuit Class *Tues 6pm*

A Boot Camp circuit class but with a contemporary twist. Using a mix of drills, reaction balls, speed work this class will build core strength and sharpen aerobic capacity with some anaerobic content. Suits mixed ability.

Boxercise *Mon 11am, Wed 8pm, Fri 12pm*

A combination of hand and foot drills using gloves and pads all in an aerobic format. There is a great buzz off this class; sure to send you home floating like a butterfly! Suitable all levels of fitness.

Golden Tone *Wed, 12pm*

Put some zest back into your life with this great class aimed at maintaining flexibility, balance, coordination and confidence. Suits over 55s (€2 per class) 30 min class.

All Classes €3 except where stated.