

Weekly Sports & Recreation Programmes

June - July 2015



Adult Fitness	Description	Cost	Times
	<p>Unisex Fitness Class (over 18's) Combo of TRX Kettle bells, Boxercise & Circuit Training</p>	<p>Free – open to all fitness levels</p>	<p>Starts Friday 12th June 1.00- 1.45 p.m. in Glin Sports hall – Free for the 1st six weeks then €2 thereafter</p>
Aqua Aerobics & Snorkelling	Description	Cost	Times
	<p>For Men & Women over 55's in Northside Pool</p>	<p>€2</p>	<p>Tues 2-3 pm</p>
Seniors Ladies Yoga	Description	Cost	Times
	<p>Music based activity for ladies over 55 in Donnycarney Arc <small>(Behind Donnycarney Church)</small></p>	<p>Free</p>	<p>Thurs 10.30-11.30 am</p>

Adult Fitness Boot Camp	Description	Cost	Times
	<p>For Men & Women in Glin Road Sports Hall</p>	<p>€4</p>	<p>Wed 6.30-7.15 pm</p>

Yoga for Men & Women	Description	Cost	Times
	<p>For staff of the Civic Centre & the public in Glin Road Sports Hall</p>	<p>Free</p>	<p>Thurs 1-2 pm</p>

Fitness Classes for Women	Description	Cost	Times
	<p>Fitness for Women in the Glin Road Sports Hall</p>	<p>Free</p>	<p>Fri 9.30 – 10.30 am</p>

For details contact Paul Donnelly Sports Officer: 087 7693275