OUR CLASSES

INDOOR CYCLING

The classic indoor cycling class. A class suited to all levels of fitness that are looking for a fun "spin".

POWER CYCLE

Uses power meters to measure & Improve output on the bike. Ideal for Road cyclists.

TEEN GYM

Teen gym is supervised a gym session for teens aged 13-17 years.

BOOTCAMP

Bootcamp style training. Prepare for the unexpected!

HIIT 45

High Intensity Interval Training circuits.

BODY CONDITIONING

Moderate intensity class using a mix of bodyweight, light resistance & moderate intensity cardio.

AQUA

Low impact class, using the water as resistance to work your muscles and get your heart pumping.

EIR: EXERCISE IN RHEUMATOLOGY

A class for patients with chronic musculoskeletal conditions to help get exercising more. This would be 'regular' conditions such as chronic low back pain, osteoarthristis and Rheumatoid arthritis. (Referral based class)

MAT PILATES 🗇

Low impact class focusing on core strength and muscle

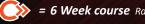
ZUMBA

Get fit, have fun and do it all while dancing to fun and funky music.

PROJECT WEIGHTLOSS 🗫

is a 12 week course, for information on the next start date please contact reception.

10 Classes only €75



= 6 Week course Rates available at reception



Includes use of pool/gym/sauna & steam after your class

Members €4

Adult €8.60

Student €6.20

Book of 10 visits €75

Book at reception or online www.leisureworldcork.com

Classes and class times are subject to change.



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