OURCLASSES

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!

BODY **CONDITIONING**

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

AOUA

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

MAT PILATES 🗇

Low impact class focusing on core strength and muscle balance.

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.

PRICES

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.

Rossa Avenue, Bishopstown, Cork, Ireland

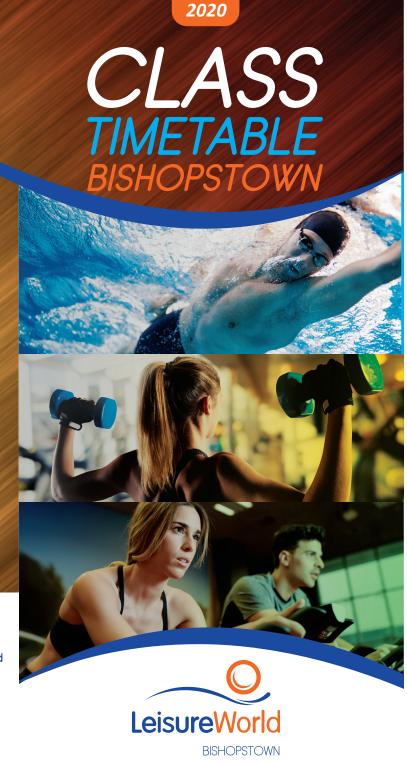
T: 021 434 6505

E: info@leisureworldcork.com

W: www.leisureworldcork.com

LeisureWorld

FIND US ON f 5



10 Classes only €75

= 6 Week course Rates available at reception

TUESDAY WEDNESDAY THURSDAY SATURDAY MONDAY FRIDAY SUNDAY BODY CONDITIONING CYCLE & TONE BODY CONDITIONING CYCLE & TONE CIRCUITS INDOOR CYCLING **BOOTCAMP** 07:00 Chris [Gym] 07:00 Chris [Gym] 9:00 Mark [Gym] 07:00 Chris [Studio] 07:00 Corrie [Studio] 07:00 Austin [Gym] 10:00 Catriona [Studio] **ACTIVE AGE FITNESS AQUA MAT PILATES AQUA** 10:30 Austin [Studio] 10:40 Austin [Pool] 09:30 Jane [Studio] 10:40 Jane [Pool] **INDOOR CYCLING TOTAL BODY FITNESS** 10:15 Jane [Studio] 10:00 Maura [Studio] 11:00 Chris [Gym] **TEEN GYM TEEN GYM** 12:00 [Gym] 12:00 [Gym] **TEEN GYM AQUA TEEN GYM TEEN GYM TEEN GYM TEEN GYM TEEN GYM** 13:00 Corrie [Pool] 17:00 [Gym] 17:00 [Gym] 17:00 [Gym] 17:00 [Gym] 17:00 [Gym] 17:00 [Gym] **STRENGTH & BOOTCAMP TEEN GYM BOOTCAMP** CONDITIONING **INDOOR CYCLING** 18:00 Corrie [Gym] 17:00 [Gym] 18:00 Corrie [Gym] 18:00 Daniel [Gym] 18:00 Ciara [Studio] **INDOOR CYCLING TOTAL BODY FITNESS POWER CYCLE** 18:00 Austin [Studio] 18:00 Chris [Gym] 18:00 Tom [Studio] **PROJECT WEIGHTLOSS** 19:00 Tom [Studio] **CORK TRI CLUB PROJECT WEIGHTLOSS** 18:00 Dylan [Studio] 20:00 Tom [Studio] 19:00 Siobhan 18:00 Dylan [Studio] Private Booking [Studio] **INDOOR CYCLING TOTAL BODY FITNESS POWER CYCLE** 19:00 Maura [Studio] 19:00 Corrie [Studio] 20:00 Siobhan [Studio] **ZUMBA** 19:00 Jamie [Studio] **ZUMBA POWER CYCLE** 20:00 Jamie [Studio] 20:00 James [Studio] **AQUA AQUA** 10 Classes only €75 20:00 Dylan [Pool] 20:00 Chris [Pool]