OUR CLASSES

BOOTCAMP

A high intensity mix of cardio conditioning and strength training, designed to push you.

HIIT

High Intensity Interval Training - uses interval training to raise your heart rate and get your body working.

STAGES INDOOR CYCLING

The classic indoor cycling class. A class suited to all levels of fitness that are looking for a fun "spin". A great way to get fit and improve your cardio.

AQUA AEROBICS

Aqua Aerobic classes offer an enjoyable workout to music in a safe aquatic environment. Classes take place in shallow water and are mostly vertical meaning that you don't have to able to swim. The classes provide great aerobic conditioning together with an excellent opportunity to tone and strengthen muscles.

PROJECT WEIGHTLOSS

Project Weightloss is a 12 week programme aimed at introducing you into a healthy lifestyle or getting you back into exercise after a considerable break. This is a 12 week course paid in advance, for information on the next start date please contact reception.

CIRCUITS

Fast, fun class with lots of variety. Exercise with high intensity intervals with breaks in between, making sure you get the full benefit from your workout.

ABS!

A core focused class - working on strengthening and toning your core muscles.

MOBILITY

Prevent injury, recovery better and improve performance by addressing flexibility, stretching, stability and proper positions and movement mechanics that support your workout.

TEEN GYM

A supervised hour in the gym where teens can learn to use the

PRICES

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

Members €4

Adult €8.20

Student / Best Rate €5.80

Book of 10 visits **€70**

Book at reception or online www.leisureworldcork.com

Classes and class times are subject to change.

LeisureWorld

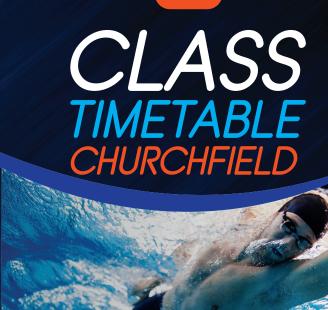
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CHURCHFIELD

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10 Classes only €70

