

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 be 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 gym.

**10 Classes
only €70**



= 6 Week course Rates available at reception



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.



Knockfree Avenue, Churchfield, Cork, Ireland

T: 021 4397868

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W: www.leisureworldcork.com

FIND US ON



2020

CLASS TIMETABLE CHURCHFIELD



MORNING

AFTERNOON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Lunchtime HITT
13:00 - 13:45

TEEN GYM
17:00 - 18:00

STAGES
18:00 - 18:45

Lunchtime STAGES
13:00 - 13:45

TEEN GYM
17:00 - 18:00

BOOTCAMP
18:00 - 18:45

PWL
19:00 - 20:00

TEEN GYM
17:00 - 18:00

STAGES
18:30 - 19:15

TEEN GYM
17:00 - 18:00

BOOTCAMP
18:00 - 18:45

PWL
19:00 - 20:00

Lunchtime STAGES
13:00 - 13:45

TEEN GYM
17:00 - 18:00



ABS BLAST (Free)
11:00 - 11:30

TEEN GYM
12:00 - 13:00



TEEN GYM
15:00 - 16:00

Sunday Mobility
11:00 - 11:30

TEEN GYM
12:00 - 13:00



TEEN GYM
15:00 - 16:00



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