

ADULT CLASSES INCLUDED IN MORE MEMBERSHIP

26 SEPTEMBER 2017

CLASS	ANTRIM FORUM	BALLYEARL	CRUMLIN	SIXMILE	VALLEY
Spin	✓		✓	✓	✓
RPM spin					✓
Spin & Sculpt	✓		✓		
Beginners Spin	✓				✓
Yoga	✓ Beginners	✓ (from end of current course)	✓	✓	✓
Power yoga - advanced	✓				
Yoga Heat				✓	
Boxercise	✓	✓	✓	✓	✓
Kettlebells beginners	✓		✓		
Kettlebell	✓	✓	✓	✓	
Box & Bells	✓				
HIIT			✓	✓	
HIIT & Kettlebells	✓				
HIIT & Stretch		✓			
Armageddon (HIIT)	✓				
Insanity (HIIT)					✓
Zumba	✓	✓	✓		✓
Pilates	✓	✓	✓	✓	✓
Core Fit / CX Worx / Body Blitz / Ab attack	✓ Body Blitz	✓ CX Worx / Body Tone	✓ Core Conditioning	✓ Ab Attack / Body Tone / CX Worx	✓ Core Fit / CX Worx
Legs Bums & Tums		✓			
Lower Back Mgt		✓			
Circuits	✓	✓	✓	✓	✓
Easyline Circuits				✓	
Bootcamp			✓		
Adult Ballet		✓			
Fit & Active Multi activity 50+	✓		✓	✓	✓
Aquafit				✓ Aquafit	✓ 50+ Aquafit / Aqua Energy
Step Aerobics				✓	
Step & Hoop				✓	
Mindful Meditation	✓		✓		
Pump	✓ Pump It				✓ Body Pump
Pace Running Classes	✓				
Body Combat					✓
Urban Rebound	✓				
Strength & Condition					✓
Tae Bo					✓
Buggy Babies/Pramtastic	✓				✓
Parent & Toddler Aerobics			✓		
Body Toning				✓	