


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	6.45-7.30 Spin & Core Stephen	Early Bird Swimming Monday – Friday 6.30 – 9.30am			6.45-7.30 Spin Stephen		
	9.30-10.15 Spin for beginners Tracey	09.15-10.15 Spin & Core Debbie	9.30-10.30 Pilates Concordia Grainne	9.15-9.45 Beginner Spin Debbie	9.30-10.30 Morning Club Alison	9.00 – 9.45 Spin Colin, The Legend	<u>Kinesis</u> <u>Is</u> <u>Movement</u> <u>Balance</u> <u>Strength</u> <u>Core</u> <u>Mind</u>
	9.30-10.30 Morning Club Alison	10.30 -11.15 STOTT Pilates Amplio Jenny	9.30-10.30 Morning Club Alison	10.00 – 11.00 Spin & Tone circuit Debbie	10.00-10.45 Spin Debbie	10.00-12.00 Fit Kids Club Registration From 9.30 Limited numbers NEW AGE GROUPS 7-12 & 13 - 16	
	10.30-11.15 Beginners Pilates 8 week Course Tracey Amplio	11.30-13.00 Yoga Amplio Grainne		10.00-11.30 Yoga Concordia Jane	11.00–12.00 Intermediate Pilates. Amplio 8 week course Tracey Enrol 24/09/10		
	11.00 – 12.00 Actively Ageing Alison	15.45 – 17.15 Junior Fit Kids 4-6 yrs old Starts 7 th sept Jenny & The Gang	1.30-2.30 50+Club Alison	11.45-12.45 Pilates Amplio Tracey	12.15-12.45 Circuit Blast Gym Staff	12.30-13.30 STOTT Pilates Jenny	
	15.45-17.30 Ulster Scots Dancing Amplio Kerry Jordan		Kinesis Inductions Are FREE To Members.	17.00-17.45 Kids Hip-Hop Dance Laura	13.00-13.45 Spin Debbie	The Sanctuary Therapy Room  Pick Up A Brochure	
	Spin Studio 17.45 – 18.30 Spin with Debbie 18.45 – 19.30 Spin with Jenny 19.45 – 20.30 Spin with Starts 20th Sept	Amplio Spin Classes 17.45 – 18.30 Spin Alison 18.45 – 19.30 Spin & tone Cheryl 19.45 – 20.30 Spin with Cheryl	17.45-18.30 Big Kids Hip-Hop Dance Laura	14.00– 15.00 Kettle bells Amplio Jonathan			
	19.45 – 20.45 Cardio Box Court 6 With Jonathan	19.00 – 20.00 M.R.T Mini Boot Camp in Arena Don't B afraid !!	18.00-19.00 Kettle Bells Amplio with Jonathan	17.45-18.15 Beginners Spin Annie 8 week course Starts 10/09/10			
	Kinesis Classes 19.30 – 20.00 Move With Alison 20.15 – 20.45 Sport & Power With Jenny		17.00 – 17.45 Spin & Abs Cheryl 18.00 – 18.45 Performance spin Claire	18.30 – 19.30 Move Jenny 19.45 – 20.15 Breathe Jenny			
	19.45 – 20.45 Andrea's Classes in Amplio	Kinesis Classes 19.00 – 20.00 Shape With Jenny 20.00 – 20.30 Move With Jenny	19.00-20.00 Classic Circuits Big Bad Bobby	Kinesis Classes 18.30 – 19.30 Move Jenny 19.45 – 20.15 Breathe Jenny	18.30 -19.15 Spin Annie		
18.30 - 19.30 Total body workout 19.45 - 20.30 Pump it Up 20.45 - 21.30 Pilates	Andrea's Classes in Concordia 18.45-19.30 Pilates 19.45 - 20.30 Pilates 20.45 – 21.30 Pump it Up	19.00-19.45 STOTT Pilates Jenny	Andrea's 19.15-20.15 Pilates Amplio 8 week course	M.R.T. Boot camp Sept – Oct Arena.			
		20.00 – 21.00 Body Conditioning Cheryl	20.30-21.30 20,20,20 Amplio				
		20.00 – 21.30 Yoga Jane <i>in Kinesis</i>					

Where is my class?

- Amplio Studio
- Arena
- Kinesis Suite
- Ask a member of staff
- Concordia

Check out our class timetable at www.carrickfergus.org

All Classes are free to members.

Non Members are welcome to book & pay in advance for all classes & courses.

£4 per class, £28 per course
£30 for Boot-camp
Telephone Bookings
028 9335 8888

Please be aware classes will start promptly and you may not be allowed entry if you are late