

Class Etiquette:

In the interest of your safety and in consideration of other members, please adhere to the following:

1. Please register for a class at the reception desk if booking is required- Bookings are based on a first come first serve basis, some classes have limited places.
2. Please consult your doctor before participating in any activity if you are unsure of the suitability of any class, gym or pool activity or if you are recovering from or currently suffering from any medical condition. Please also inform the instructor if you are pregnant, recovering from illness or injury before the start of the class.
3. Please arrive on time. If you are late you will have missed the warm-up and this is potentially dangerous and for safety reasons you will not be allowed to participate after 5 minutes of the class commencing.
4. Please only come to the class if you can participate in all of it, as otherwise you will miss the cool-down.
5. For hygienic purposes: Please use your towel to cover your exercise mat. Please return any used equipment (step etc) to its original place before leaving the studio. Always bring a water bottle with you to stay hydrated.
6. Appropriate exercise attire must be worn at all time, non-marking indoor gym shoes, no open toes, slip on flip flops, bare feet. Tight fitting clothing for spin classes to prevent an accident while on the bike. For your own safety please adjust the length of your gym trousers for step and all aerobic/dance classes. Flip flops and swim hats must be worn in the wet area and changing rooms. Non-members are strictly prohibited to using any other facilities other than the class they have paid for.
7. If you are aged 16-18years you must be supervised by a paying guest/member in the class. Anybody under 16yrs is strictly prohibited from participating in Clann exercise classes. If you sign up for a course, you must be in full attendance for the duration of the course, as this will be referred to when offering places for future courses.

Promotions:

- New Swim Lesson Term starts January 2012, enquire at reception for more information.
- Short Term memberships now available.
- Classes available for non- members.

- ** Enquire at reception for 3-4 Parent and Toddler next class starts Feb 2012 for 6 weeks (extra fee applies)
- Enquire at reception for P&T6mts-3 years new classes start Feb 2012for 6 weeks. (extra fee applies)

Clann Fitness And Leisure Club.

Class Timetable. February 2012

Opening Hours:

Peak:

Monday 6 am-9.45 pm
Tuesday 7am- 9.45pm
Wednesday 6am-9.45pm
Thursday 7am- 9.45pm
Friday 6 am- 8.45pm
Saturday 8am- 7.45pm
Sunday 8am -7.45pm

Off Peak:

Monday- Friday 8am-4pm
Saturday-Sunday 8am-8pm.

Childrens Hours:

Monday-Friday 10 am-7pm
Saturday- Sunday 10 am-5pm

Contact details:

Phone: 01-8356890
Email: info@clannfitness.com

Bank Holiday:

8am- 7.45pm
Children's hours: 10am- 5pm
No Class on Sat /Mon bank holidays.



AM	Monday	Info
7.00-7.30	Xpress Spin	NEW! Spin Studio
10.00-10.45	Kettlebells	Toning Exercise
10.00-10.45	Aqua Aerobics	Pool Based
10.45-11.00	ABs	Abdominal Exercise
11.15-12.00	Mum and Baby Yoga	Enquire @ Reception
PM		
6.15-7.00	Advanced Spin	Spin Studio
6.15-7.15	Step	Cardio and Toning
7.15-7.45	Rebounding for Beginners	Tone and Lift
7.15-8.15	Bootcamp	Circuit Training
8.15-9.00	Aqua Aerobics	Pool Based

AM	Tuesday	Info
7.00-7.30	Xpress Spin	NEW! Spin Studio
10.00-10.45	Combat Squad	Military Style Workout
10.30-11.30	Yoga	Enquire @ Reception
PM		
6-6.45	Kettlebells	Toning exercises
6.15-7.00	Spin & Power ABS	Spin Studio
6.45-7.00	Power ABS	Core Workout
7.00-7.45	Cardio Kick-Boxing	Pad Work
8.00-8.45	Pilates	Enquire @ Reception

AM	Wednesday	Info
7.00-7.30	Xpress Spin	New! Spin Studio
10.00-10.45	Aqua Aerobics	Pool Based
10.00-10.45	Spin&Ultimate Leg BurnOut	Spin Studio
10.45-11.00	Power ABs	Core Work
11.00-11.45	Pilates	Enquire @ Reception

PM	Wednesday	Info
1.00-1.45	Senior Citizens Aqua Fit	Pool Based
6.15-7.00	Beginners Spin & ABs	Spin Studio
7.00-7.30	Rebounding/Body Tone	Mini Trampoline
7.15-8.00	Pregnancy Aqua Fit	Enquire @ Reception
7.30-8.15	Advance Spin	Intermediate to Advanced Spin
7.30-8.30	Fit Boxing	Cardio Workout and Pad Work
8.15-9.00	Aqua Aerobics	Pool Based

AM	Thursday	Info
10.00-10.45	Body Attack	Toning, Cardio, Core Mix
10.30-11.30	Yoga and Body Tone Class	Enquire @ Reception
11.40-12.40	Mum and Baby Yoga	Enquire @ Reception
PM		
7.15-8.15	Fat Burning Circuit & ABs	Body Toning Intervals
8.15-8.30	Booty Blast	Tighten, Tone & Lift

AM	Friday	Info
7.00-7.30	Xpress Spin	NEW! Spin Studio
10.00-10.45	Aqua Aerobics	Pool Based
10.00-11.00	20-20-20	Cardio Blast!

AM	Saturday	Info
9.00-9.30	Parent & Toddler swim*.	6mts-18mths.
9.30-10.00	Parent & Toddler Swim*	18mts-2yrs 11mts
10.00-10.30	3-4yr old Parent & Toddler**	3yr-3yr 11mth .
10.30-11.30	Instructors Choice & Abs	Aerobic Studio