

GET ACTIVE WEEK 1

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| THUR 03rd AUG | WALK * Meet @ Torrent 9.30am Distance: 5k | MUMS & OTHERS WORKOUT ** @ Torrent Sports Hall w/ Emma 1.00pm - 1.45pm Babies & Toddlers Welcome | BADMINTON * @ Torrent Sports Hall Open court 6.00pm - 7.00pm | SPIN *** @ Torrent Spin Studio w/ Damian 6.15pm - 7.00pm PHONE 02887769051 TO BOOK | BOOTCAMP ** @ Torrent Weights Room w/ Aidan 7.00pm - 8.00pm | NETBALL * @ Torrent Sports Hall w/ Marisa/Leon 7.00pm - 8.00pm | PILATES ** @ Torrent Studio w/ Patricia 7.00pm - 8.00pm PHONE 02887769051 TO BOOK |
| FRI 04th AUG | RT24 *** @ Torrent Sports Hall w/ Denise 6.45am - 7.15am | SMALL GROUP PT ** @ Torrent Weights Room w/ Aidan 1.00pm - 2.00pm | SPIN *** @ Torrent Studio w/ Denise 6.00pm - 6.45pm PHONE 02887769051 TO BOOK | WALK * Meet @ Torrent 6.30pm Distance: 5k | GET ACTIVE NOTES | | |
| SAT 05th AUG | SATURDAY SWEAT ** @ Torrent Sports Hall w/ Aidan/ Damian 9.30am - 10.15am | CALORIE BURN (Spin & Core) *** @ Torrent Spin Studio w/ Denise 10.30am - 11.15pm | | One FREE Fitness Suite Session * Any day at a time that suits you! | For each activity you attend please get it signed by the instructor or staff at reception (Activities attended will be your points total at the end of the week) | | |
| SUN 06th AUG | BEGINNERS RUN ** Meet @ Torrent w/ Joanne 9.30am Distance: 3k on / off | WALK * Meet @ Parkanaur 9.30am Distance: 5k | | | Some fitness classes are limited in numbers and require you to book in advance . To book please call reception. Please note that you can only book on the day that the activity takes place (unless early morning where you can book the day before) | | |
| MON 07th AUG | SUPERVISED FITNESS SUITE SESSION * @ Fitness Suite w/ Emma/ Aidan 8.30am-9.30am | LUNCHTIME SPIN * @ Torrent Spin Studio w/ Aidan 1.15pm - 1.45pm | BADMINTON * @ Torrent Sports Hall Open court 6.00pm - 7.00pm | YOGA ** @ Torrent Studio w/ Roisin 6.30pm - 7.30pm | INTERMEDIATE RUN *** Meet @ Torrent w/ Mickey 7.00pm Distance 5k | BOXING ** @ Torrent Sports Hall w/ Conrad 7.00pm - 8.00pm | SWISS BALL SCULPT ** @ Torrent Studio w/ Patricia 7.45pm - 8.45pm |
| TUES 08th AUG | MORNING SPIN MIX *** @ Torrent Studio w/ Denise Donnelly 6.30am - 7.45am (10 spaces) PHONE ON MONDAY TO BOOK | YOGA * @ Torrent Studio w/ Philip 9.30am - 10.30am | LUNCHTIME CIRCUITS ** @ Torrent Sports Hall w/ Emma 1.30pm - 2.15pm | ZUMBA * @ Torrent Sports Hall w/ Tammy 6.30pm - 7.30pm | KETTLEBELLS ** @ Torrent Sports Hall w/ Michelle 6.30pm - 7.30pm (8 spaces) PHONE 02887769051 TO BOOK | Cardio Core *** @ Torrent Studio w/ Denise 7.00pm - 7.30pm | WALK * Meet @ Torrent w/ Group Leader 7.30pm Distance: 5k |
| WED 09th AUG | STRENGTH CAMP *** @ Torrent Weights Room w/ Cormac 6.15am - 7.00am | WALK * Meet @ Torrent w/ Group Leader 1.00pm Distance: 5k | BADMINTON * @ Torrent Sports Hall Open court 1.30pm - 3.00pm | LADIES WEIGHTS&CORE ** @ Torrent Studio w/ Emma 6.30pm - 7.15pm | CIRCUITS ** @ Torrent Sports Hall w/ Andy 7.00pm - 8.00pm | WALK & A CUPPA * @ Torrent Walkway Tea provided at 8pm in the Complex 7.30pm - 8.00pm | BEGINNERS RUN ** Meet @ Hurling Pitches w/ Joanne 7.30pm Distance: 3k on / off |
| | | | | | Date for your dairy: Saturday 19 August - Mourne Mountains Hike Remember to pick up a new schedule each week as there will be new activities added! Stars represent the activity level.... BE SENSIBLE - KNOW YOUR LIMITS!! Low: * Moderate: ** High: *** Contact: 02887769051 (Reception) / 07422128640 (Text System) | | |

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