

GET ACTIVE WEEK 2

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THUR 10th AUG	WALK * Meet @ Torrent 9.30am Distance: 5k	MUMS & OTHERS WORKOUT ** @ Torrent Sports Hall w/ Emma 1.30pm - 2.15pm Babies & Toddlers Welcome	VOLLEYBALL * @ Torrent Sports Hall w/ Donna *NEW* 6.00pm - 7.00pm	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 11th 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/ Damian 6.00pm - 6.45pm PHONE 02887769051 TO BOOK	WALK * Meet @ Dungannon Park 6.30pm Distance: 4-5k	GET ACTIVE NOTES		
					Don't forget to log your week 1 points for your team!! Week 1 schedule to be returned by Monday 14 August		
					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)		
SAT 12th AUG	WALK * Meet @ Parkanaur 8.30am w/ Damian Distance: 5k	SATURDAY SWEAT ** @ Torrent Sports Hall w/ Aidan 9.30am - 10.15am		One FREE Fitness Suite Session * Any day at a time that suits you!	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)		
SUN 13th AUG	BEGINNERS RUN ** Meet @ Torrent w/ Joanne 9.30am Distance: 3k on / off	WALK * Meet @ Pomeroy Forest w/ Claire 9.30am Distance: 4-5k			Date for your dairy: Saturday 19 August - Mourne Mountains Hike		
					Stars represent the activity level.... BE SENSIBLE - KNOW YOUR LIMITS!!		
					Low: * Moderate: ** High: ***		
					Contact: 02887769051 (Reception) / 07422128640 (Text System)		
MON 14th 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	YOGA ** @ Torrent Studio w/ Roisin 6.30pm - 7.30pm	BOXING ** @ Torrent Sports Hall w/ Conrad 7.00pm - 8.00pm	SWISS BALL SCULPT ** @ Torrent Studio w/ Patricia 7.45pm - 8.45pm	INDOOR HOCKEY ** @ Torrent Sports Hall w/ Annie *NEW* 8.00pm - 9.00pm	
TUES 15th AUG	MORNING SPIN MIX *** @ Torrent Studio w/ Denise 6.30am - 7.15am (10 spaces) PHONE ON MONDAY TO BOOK	YOGA * @ Torrent Studio w/ Philip 9.30am - 10.30am	LUNCHTIME CIRCUITS ** @ Torrent Sports Hall w/ Emma 1.00pm - 1.30pm	ZUMBA ** @ Torrent Sports Hall w/ Tammy 6.30pm - 7.30pm	KETTLEBELLS ** @ Torrent Studio w/ Michelle 6.30pm - 7.30pm (8 spaces) PHONE 02887769051 TO BOOK	BALANCED BODY * (Mobility/Flexibility class) @ Torrent Studio w/ Aisling *NEW* 7.40pm - 8.40pm	WALK ** Meet @ Hurling Pitches (Walk around town) 7.40pm Distance: 5k
WED 16th 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	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	IRISH DANCING ** @ Torrent Sports Hall w/ Vicky *NEW* 8.00pm - 9.00pm

NAME:

