

GET ACTIVE WEEK 3

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THUR 17th AUG	WALK * Meet @ Torrent 9.30am Distance: 4k or 7k (Augherainey Walk)	MUMS & OTHERS WORKOUT ** @ Torrent Sports Hall w/ Emma 1.10pm - 1.45pm Babies & Toddlers Welcome	BADMINTON * @ Torrent Sports Hall Open court 3.00pm - 5.00pm	BUMS & TUMS * @ Torrent Sports Hall w/ Denise *NEW* 6.00pm - 6.40pm	BOOTCAMP ** @ Torrent Weights Room w/ Aidan 7.00pm - 8.00pm	NETBALL * @ Torrent Sports Hall w/ Ursula 7.00pm - 8.00pm	PILATES ** @ Torrent Studio w/ Patricia 7.00pm - 8.00pm PHONE 02887769051 TO BOOK
FRI 18th 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: 5 mile (Into Dungannon & Back)	GET ACTIVE NOTES		
SAT 19th AUG	SATURDAY SWEAT ** @ Torrent Sports Hall w/ Damian 9.30am - 10.15am	CALORIE BURN (Spin & Core) *** @ Torrent Spin Studio w/ Denise 10.30am - 11.15pm	MOURNE MOUNTAINS HIKE @ Slieve Donard 9.30am w/ Aggie *Details TBC with registered participants	WALK * Meet @ Torrent 11.30am w/ Claire Distance: 5k	Don't forget to return your weekly schedule to Reception each week!.... Our early leaders are the RED team - <i>Just a few points between all the teams, your points could make the difference!!</i>		
SUN 20th AUG	BEGINNERS RUN ** Meet @ Torrent w/ Joanne 9.30am Distance: 3k on / off	WALK * Meet @ Dungannon Park 9.30am Distance: 5k (Dunganno Park)		One FREE Fitness Suite Session * Any day at a time that suits you!	Our funders require ALL participants to complete a Monitoring & Evaluation Qustionnaire. Please download from our website and email to: emma.torrentcomplex@hotmail.com		
MON 21st AUG	SUPERVISED FITNESS SUITE SESSION * @ Fitness Suite w/ Emma/ Aidan 8.30am-9.30am	WALK * Meet @ Torrent w/ Group Leader 9.30am Distance: 4/5k (Tullydraw/ Rock road)	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	BOXING ** @ Torrent Sports Hall w/ Conrad 7.00pm - 8.00pm	SWISS BALL SCULPT ** @ Torrent Studio w/ Patricia 7.45pm - 8.45pm
TUES 22nd AUG	MORNING SPIN MIX *** @ Torrent Studio w/ Denise Donnelly 6.30am - 7.45am (10 spaces) PHONE MONDAY TO BOOK	BALANCED BODY * (Mobility/Flexibility class) @ Torrent Studio w/ Aisling *NEW* 9.30am - 10.30am	LUNCHTIME CIRCUITS ** @ Torrent Sports Hall w/ Emma 1.00pm-1.30pm	Cardio Core *** @ Torrent Studio w/ Denise 6.15pm - 6.45pm	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	WALK * Meet @ Torrent w/ Group Leader 7.35pm Distance: 5k (Garvagh road)
WED 23rd AUG	STRENGTH CAMP *** @ Torrent Weights Room w/ Cormac 6.15am - 7.00am	WALK ** Meet @ Torrent 1.00pm Distance: 5mile (Into Dungannon & Back)	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	IRISH DANCING ** @ Torrent Sports Hall w/ Vicky 8.00pm - 9.00pm

NAME:

