



JULY – AUGUST 2017

SUMMER FITNESS 2017

DAY	TIME / CLASS	SUMMER RATE	INFO
Mon	1.15pm: 50+ SPIN 6.15pm: SPIN 7.15pm: SPIN & ABS 8.30pm: BODY BLITZ	£3 Drop-in £4.50 Drop-in £4.50 Drop-in £4 Drop-in	(No class 10 th & 17 th July) (No class 10 th & 17 th July) (No class 10 th & 17 th July) (No class 10 th & 17 th July)
Tues	7.00pm: PILATES 8.00pm: BEG. PILATES	£30 for 5 weeks £30 for 5 weeks	Starts 1 st August Starts 1 st August
Wed	10.00am: PILATES 6.30pm: POWERSTYLE YOGA 8.00pm: SWISS BALL SCULPT	£30 for 5 weeks £4 Drop-in £5 Drop-in	Starts 2 nd August (No class 12 th July, 16 th & 23 rd Aug) Starts 2 nd August
Thur	10.00am: SUMMER CIRCUITS NEW!! (Crèche Available!!) 6.00pm: BEG. PILATES 7.00pm: PILATES 7.00pm: BUMS & TUMS	£4 Drop-in £1 / Child £30 for 5 weeks £30 for 5 weeks £4 Drop-in	Starts 20 th July Starts 3 rd August Starts 3 rd August (No class 13 th July, 20 th & 27 th Aug)
Fri	6.15pm: SPIN	£4.50 Drop-in	(No class 7 th & 14 th July)
Sat	10.30pm: CALORIE BURN (Spin & Core-workout)	£4 Drop-in	(No class 15 th July)
SLIM WITH GILL – Slimming Consultant <i>Monday 5.30pm, 7.00pm</i>			

SUMMER CAMPS

MULTI-SPORT CAMP 1: Monday 3rd July – Friday 7th July 2017

MULTI-SPORT CAMP 2: Monday 7th August – Friday 11th August 2017

Time? 10am – 1pm

Who? Girls and boys aged 3-12 years old

What? Jam packed with games and a wide variety of sports

Fee? £30 per child per camp. (£5 discount for every additional child from the same household).

GYMNASTICS CAMP: Tuesday 1st, Wednesday 2nd & Thursday 3rd August 2017

Time? 10am – 1pm

Who? Girls and boys from P1-P5 (September 2017 intake) – Limited to 40 spaces!

What? GYMNASTICS & GAMES

Fee? £20 per child per camp. (£17 for additional children from the same household).

'DONAGHMORE 5' – ROAD RACE, FUN RUN & WALK

DATE: Thursday 24th August 2017

TIME: 7.30pm

Online Registration: www.athleticsni.org/Fixtures