



Exercise Classes

Our gym and pool classes are open to members and non-members. For start dates please contact the Leisure Centre, call (023) 8851012 or email leisurecentre@celticross.com.

Monday

Aqua Aerobics

8.00 - 8.45pm

€5 non-member, €2 member

No booking required for this class

Callanetics

7.15pm & 8.30pm

Exercises that can shape body from head to toe, a cross between pilates & yoga.

To book a place in the class, ring Justina on 083 3592202

Wednesday

Aqua Aerobics

10.00 - 10.45pm / 8.00 - 8.45pm

€5 non-member, €2 member

No booking required for class

Yoga

6.30pm - 7.45pm

€60 for 6 weeks or €10 per class

To book a place in the class, ring Fiona on 086 3767467

Thursday

Pilates

7 - 8pm

€85 for 7 weeks

To book a place in the class, ring Lorraine on 086 3670478

Kickboxing

8.30 - 9.30pm

To book a place in the class, ring Tomas on 087 4619210

Friday

Aqua Aerobics

8.00 - 8.45pm

€5 non-member, €2 member

No booking required for class