Adult Activities

We offer the following adult activities:

- Badminton
- Tennis
- Short mat bowls
- Karate
- Tae Kwon-Do
- Kickboxing
- Fitness Suite
- Personnel Trainers
- Body Massage
- Trampolining
- A wide range of fitness classes.

Timetables

Activity	Day	Time
Women on Weights Circuit	Monday	6.00-7.00pm
Power Hour (Circuit Training)	Monday	7.00-8.00pm
Casual Badminton Club	Tuesday	7.00-9.00pm
Karate Club	Wednesday	7.15-8.45pm
Karate Club	Thursday	7.00-8.00pm
Prime Fitness (50+) Men Ladies Mixed	Tuesday Tuesday Friday	8.45-9.45am 10.00-11.00am 9.30-10.30am
Trampolining Club	Friday	7.45-8.45pm

Fitness Classes

Class	Level	Day	Time
Aerobics *	1 / 2 / 3	Monday	9.30-10.30am
Kick & Box	1 / 2 / 3	Monday	7.00-8.00pm
Pre & Post Natal *	1 / 2	Tuesday	1.45-2.45pm
Step	1 / 2 / 3	Tuesday	7.00-8.00pm
Kick & Box *	1/ 2 / 3	Wednesday	9.30-10.30am
Yoga *	1 / 2 / 3	Wednesday	10.30-11.30am
Body Blitz	1 / 2 / 3	Wednesday	8.00-9.00pm
Aero-Step	1 / 2 / 3	Thursday	9.30-10.30am
Tone to the Core	1 / 2 / 3	Thursday	10.30-11.30am
Kick & Box	1 / 2 / 3	Thursday	8.00-9.00pm
Dance Aerobics	1 / 2 / 3	Friday	10.30-11.30am
Advanced Step	2 / 3	Friday	7.00-8.00pm

* Creche available
Levels: 1 Beginners / 2 Intermediate / 3 Advanced