

Class Descriptions

Complete Core

New and improved, this class will see you through a series of core exercises involving the use of fitballs, foam rollers and pilates. Fantastic, fun and effective.

Hydro Tone

Based in the shallow end of the pool, this is a great class for those looking to tone and increase fitness. It is also an ideal environment for those recovering from muscle or joint injuries.

Irish Dancercise

Learn the steps of Irish dance in an aerobic style class while getting an excellent cardio workout. The instructor Sue is a former Riverdance performer and silver medal World Champion.

Nike Training Club

NTC is ideal for people who love the energy of interval training, the intensity of boot camp training, the diversity of sport based training and people who want results.

Relaxation Class

Why not start the new year by enjoying a 30min relaxation class. You will be guided through deep breathing exercises and some simple relaxation techniques which will leave you feeling calm, relaxed and ready for the rest of your day. This class is aimed at beginners but all levels are welcome.

Zumba

Are you ready to party yourself into shape? An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people towards joy and health.

Prices:

Yoga, Pilates, Body Flow & All Step Classes €5

15min Abs is **FREE**

Aurora Cycle & Relaxation Class €3

All Other Classes €4

Non-members

€10 per class

Nike Training Club (NTC)

€4 members,

€6 non members

**Exercise Class
Loyalty Card for
Members**

*please enquire
at reception*

Class Descriptions

Aurora Cycle

Improve your fitness and boost your energy levels with this early morning cycling class.

Body Flow

Combines tai chi, yoga and pilates. You will leave feeling strong, centred and calm.

Deep Water Fit

A unique deep water training session that combines cardio and resistance training. While suspended in deep water you will tone muscle and burn fat.

Free 15 min Abs

Sculpt your mid-section with this class dedicated to abs, core & lower back.

Pilates

Body toning with a difference! Uses controlled movements and breathing to pace the body through a series of specific local muscular endurance exercises. Beginners class available on Wednesdays.

Power Pump

Power Pump is an amazing way to train. This prechoreographed barbell class set to music will tone and 'pump' your whole body.

Sizzling Circuits

A great circuit training class using state of the art Keiser equipment. It also involves plyometric and core elements.

Step & Pump

Combines a high energy aerobic workout where you will step to the beat through fun but challenging choreography, with a barbell toning workout added.

Studio Cycling

Enjoy a journey over long and winding hills, steady flats and steeper inclines to push you to improve your aerobic fitness and muscular endurance.

Yoga

Focuses on physical postures, flexibility, breathing exercises and meditation. We have two different styles of yoga so please refer to notice boards for further details.

Exercise Class Schedule



**Hilary Term
Monday 16th January –
Thursday 5th April 2012**

Get Started, Get Active....
Something for Everyone at Trinity Sport!

website: www.tcd.ie/sport
Tel: 01 8961812

TIMETABLE

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio
1.00pm - 2.00pm	Sizzling Circuits SCI	K	7.30am - 8.00am	Aurora Cycle SCI	F	1.00pm - 1.45pm	Complete Core SCI	S	7.30am - 8.00am	Aurora Cycle SCI	F	1.00pm - 1.45pm	Studio Cycling SCI	B
1.00pm - 1.45pm	Deep Water Fit* SCI	P	1.00pm - 1.45pm	Studio Cycling SCI	B	1.00pm - 1.45pm	Studio Cycling SCI	B	1.00pm - 2.00pm	Power Pump SCI	S	1.00pm - 2.00pm	Pilates Karita	S
1.00pm - 2.00pm	Power Pump SCI	S	1.00pm - 2.00pm	Shadow Yoga Paula	S	1.10pm - 1.40pm	Relaxation Sorcha/Christina	K	1.00pm - 2.00pm	Irish Dancercise Sue	A	6.15pm - 7.15pm	Power Pump SCI	S
5.15pm - 6.00pm	Studio Cycling SCI	B	1.00pm - 2.00pm	Pilates Karita	A	5.30pm - 6.30pm	Step & Tone Ciara	S	5.00pm - 5.45pm	Step & Pump SCI	S	Studios and Instructors B = Studio Cycling Balcony: Floor 4 K = Keiser Room: Floor 3 S = Fitness Studio: Floor 2 A = Ancillary Hall: Floor 1 P = Pool: Floor -1 F = Fitness Theatre: Ground Floor SCI = Sports Centre Instructor (See notice board outside stretching room) Levels: Green = Beginner Blue = All Levels Red = Intermediate/Advanced		
5.30pm - 6.30pm	Body Flow Tina	S	5.15pm - 6.00pm	Complete Core SCI	S	6.00pm - 7.00pm	Zumba Nicole	A	5.45pm - 6.00pm	15 min Abs SCI	S			
6.15pm - 7.00pm	Studio Cycling SCI	B	6.00pm - 7.00pm	Nike Training Club SCI	S	6.15pm - 7.00pm	Studio Cycling SCI	B	6.00pm - 7.00pm	Vinyasay Yoga Sinéad	S			
6.15pm - 7.00pm	Hydro Tone SCI	P	7.00pm - 8.00pm	Vinyasay Yoga Sinéad	S	6.30pm - 7.30pm	Body Flow Emily	S	6.15pm - 7.15pm	Sizzling Circuits SCI	K			
6.30pm - 7.30pm	Pilates José	S	8.00pm - 9.00pm	Vinyasay Yoga Sinéad	S	6.30pm - 7.15pm	Deep Water Fit* SCI	P	7.00pm - 8.00pm	Vinyasay Yoga Level 2 Sinéad	S			
7.30pm - 8.30pm	Zumba Rebecca	S				7.30pm - 8.30pm	Pilates José	S						

*Deep Water Fit participants must be comfortable in the Deep End of the pool.

- Swimming lessons, climbing courses and other courses are taught in addition to the above timetable. Please view members notice boards and our website www.tcd.ie/sport.
- Numbers per class are limited; we recommend you book in advance to avoid disappointment. Classes must be paid for at the time of booking and members can book as many classes as they wish in advance.
- Due to safety reasons, late arrival may result in you not being allowed to participate in a class.
- Classes are non-refundable and 24 hrs notice is required if you wish to change or transfer a booking.
- Please inform the instructor of any illness, injury or condition that may affect you while exercising.
- Suitable clothing and sports footwear must be worn.
- Please note this timetable is subject to change. Contact the Reception Desk for further details or visit our website at www.tcd.ie/sport