CLASSES & COURSES 2015

Put Your Plans In Motion

WITH SUCH A RANGE OF EXERCISE CLASSES FOR BEGINNERS & MIXED LEVEL THERE IS NO ROOM FOR EXCUSES:

- Rip 60
- Studio Cycling
- Zumba
- Vinyasa Yoga
- Boxfit
- Pilates
- Kettlebells
- Tai Chi
- Step & Core
- Bootcamp
- Ballet Sculpt

TO VIEW TIMETABLE GO TO WWW.TCD.IE/SPORT/CLASSES

NEW COURSES THIS TERM

NEW YOU FITNESS COURSE

Start the new year the right way, this 8 week course will help improve your strength & muscle tone, you will drop body fat and learn all there is to know about taking your health, fitness & training into your own hands with this beginner & intermediate level course by Bon Sheekey Fitness.

Dates: 19th January -11th March 2015
Option 1 A.M. - Monday & Wednesday 7:30am - 8:30am
Option 2 P.M. - Tuesday & Friday 6pm - 7pm
Cost: Member €120 Non Member €140

B.S.F. ADVANCED GLADIATOR COURSE

Bon Sheekey Fitness advanced 8 week training course is for the experienced trainer who wishes to take their goals & fitness to a whole new level. You will improve, Strength, Power, Speed, & Coordination. You will be pushed to your limits, not for the faint hearted.

Dates: 20th January - 12th March 2015
P.M. - Tuesday 7:30pm - 8:30pm & Thursday 6:15pm - 7:15pm
Price: Member €120 Non Member €140

B.S.F. CALISTHENICS COURSE

Calisthenics (Bodyweight training) is one of the most current, interesting & equally demanding training styles there is. You will learn pull up’s, muscle up’s, hand stand press ups, explosive press ups, hand balances, pistol squats and much more.

Dates: 23rd January - 13th March 2015
P.M. - Friday 7pm - 8pm
Cost: Members €55 Non-members €75

6 WEEKS TO ABS COURSE

Join Bon Sheekey Fitness for this full body program with emphasis on the core. You will learn the most effective training methods to date on building a stronger, leaner, more cut mid section for strength, stability and aesthetic purposes while dropping body fat and toning the entire muscular system.

Dates: 20th January - 26th February 2015
A.M. - Tuesday & Thursday 7:30am - 8:30am
Cost: Member €120 Non Member €140

Six Week Squash Course 2015

Beginners Course: Designed for those who have never played before or not played in years and don’t know the rules.

Improvers Course: Improvers will develop & improve their serve and return techniques, drills and practices with volley’s, drops, lob’s, returns and game strategy.

Date & Time:
Beginners: Wednesday 14th January - Wednesday 18th February 2015 7.30pm - 8.30pm
Improvers: Wednesday 14th January - Wednesday 17th February 2015 8.30pm - 9.30pm
Cost: Member - €60 Non Member - €84

For further information on classes contact the Sports Centre reception on 01 896 1812 or email sport@tcd.ie

For further information on courses please contact
Deirdre Mullen on 01 896 4681 deirdre.mullen@tcd.ie
or rosie.king@tcd.ie 01 896 3581