



Fitness is a Battle! Welcome to the Front line!

Group Fitness Schedule Autumn 2010

066 9790680 or Info@afitbody.ie

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am						
10am		Spin	Yoga	To be confirmed		
10 45am		Tone Express				
1.15pm						
5pm						
6pm	Spin	Pole Fitness	Spin	Body Blast	Spin Express	
7pm	Tone Express	Yoga	Power Circuit	Trx Suspension Training		
7.30pm						
8pm			Yummy Mummy's	Fit & Flex		
Spin	An Excellent cardiovascular Workout. Challenging and Improving your Heart & lungs as well as leg endurance and Strength. One of the most effective fat burning classes! Get Fit & Lean and have Fun Doing it!					
Body Blast	Combine a 30 Min Fat Burning rebounding Session with 30 Body Sculpting Session. Rebounding is an excellent cellulite Buster and has amazing sculpting & toning results. Burn Fat, Sculpt Muscles, be a Stronger, leaner you!					
Power Circuit	A complete weights Class. This is the fastest way to change your body shape! This workout challenges every muscle group. Work at your own weight level to tone or build. Let the Music & movements inspire you to get the results you came for and fast!					
Yummy Mummy's	A whole body workout. This mixed cardio class is geared towards the busy mum. Late enough for you to have the kids in bed. Take the hour for yourself burn fat de-stress and be the fit mum you know you can be!					
Fit & Flex	This Class has it all, it incorporate the physical fitness aspects of spin class with the calming benefits of a Yoga class. Spin is amazing for your stamina and energy levels while Yoga is strengthening and lengthening for your muscles. Let us help you get fitter and more flexible. A one stop shop to a harder injury free workout!					
Pole Fitness	What can we say? Want to sculpt, tone, increase strength and flexibility? Pole Fitness is one of the best Workouts I have ever had! Improve overall Muscle tone, cardio Fitness and upper body strength and have some serious fun doing it!					
Trx Suspension Training	Suspension training works the whole body and is a great fat burning workout and toner. Improve your Fitness and sports performance level whatever your sport.					