

Circuit Training

Day and Time Tuesday - 7:00-8:00pm
Course Duration: Runs year round
Price: €6 per lesson (pay-as-you-go)
Instructors: David Ryan

Course Description

These weekly circuit sessions give you an excellent workout in a fun and motivating atmosphere. A variety of exercises are included to ensure that you are working all muscle groups and getting the full cardiovascular and strength benefits of circuit training.

Individuals of all fitness levels are welcome. Please wear clothing suitable for a tough workout, remember to bring a drink of water, and be prepared to sweat.

These classes are pay-as-you go and there is no need to pre-book. Simply turn up and pay the cash on the night. Classes run throughout the year.

