

# Ballyshannon Leisure Centre

## 2017 MEMBERSHIP PRICES

	1 MONTH	3 MONTHS	6 MONTHS	12 MONTHS	DD
<b>SINGLE</b>	€50	€120	€240	€350	€32
<b>COUPLE</b>	€90	€240	€480	€590	€54
<b>STUDENT/ UNEMPLOYED</b>	€35	€90	€180	€290	€27
<b>CHILD</b>	€25	€60	€120	€220	---
<b>1 ADULT &amp; 1 CHILD</b>	€70	€180	€360	€500	€45
<b>1 AD &amp; 2 CHILDREN</b>	€90	€240	€480	€590	€54
<b>2 AD &amp; 1 CHILD</b>	€110	€300	€600	€700	€64
<b>2 AD &amp; 2 CHILDREN</b>	€130	€350	€700	€800	€73
<b>60 SOMETHINGS</b>	----	-----	----	*€60	----

\*Mon-Fri 9am-5pm for 60 somethings. Students and unemployed must produce proof. (Card ID) New membership price includes VAT. Discounts available for Group Memberships. DD payment of two months then set up for ten.

## Bringing Leisure to the Community Health and Fitness Schedule.

Classes commencing January 2017

### Monday

11-12 noon Pilates with Orla  
6.45-7.45pm Boot Camp  
8-9.30pm Masters Swim

### Tuesday

6.45-7.45am Early bird spin class  
9.45-10.30am Aqua Aerobics  
10.30am Adult swimming Lessons  
10.45am Yoga with Catherine  
4.30-5.30pm Beginners Spin & Tone  
7.30pm Adult Swimming Lessons

### Wednesday

9.45-10.30am Deep Aqua Aerobics  
11-12noon Dance Aerobics  
12-1pm Adult Swimming Lessons  
7-8pm Boot Camp  
8.15pm Pilloxing with Orla

### Thursday

6.45-7.45am Early Bird spin class  
9.45-10.30am Aqua Aerobics  
11.30-12noon Parent & Tot  
10.45am Yoga with Catherine  
6.15 & 6.45pm Pilates with Orla  
8-9pm Hard Rock (spin)

### Friday

9.45am Beginners Spin & Tone

### Saturday

9.45am Yoga for Beginners  
11am Yoga for Teens  
5-5.45 Spin class

### Sunday

1.10pm Spin Class  
4.15-4.45pm Adult  
Intermediate swim class

**PLEASE RING FOR FURTHER INFORMATION AND BOOKINGS ARE ESSENTIAL FOR SOME CLASSES AS PLACES ARE LIMITED.**

**IF YOU REQUIRE ANY FURTHER INFORMATION PLEASE DO NOT HESITATE TO CONTACT US ON 071 98 52818, EMAIL: [linnsnamha@eircom.net](mailto:linnsnamha@eircom.net) or check us out on facebook. timetable can also be found on our website : [www.ballyshannonleisurecentre.ie](http://www.ballyshannonleisurecentre.ie)**