

www.FitnessClassesDublin.ie

Indoor, Studio Fitness – Exercise Classes

www.BC.FitnessClassesDublin.ie

Bootcamp, Outdoor Fitness – Exercise Classes

in South Dublin – Dublin 14 - 16 - 18 - Beside Nutgrove Shopping Centre

Feel Great and Look Fab
Burn That excess Flab
Tone Up Abs Tums & Bums
Boost Energy
Get Fit and Lose Weight

- KettleBell – starting April - May
- Outdoor – Bootcamp
- Personal Fitness Training
- Toning - Conditioning
- Circuit Training
- Pilates - Yoga
- Prenatal
- Gymstick
- Injury Treatment
- Core Strength - Posture

Pay-As-You Go
Possible
for some Classes
e.g. Toning –
Conditioning,
Courses Run for
6-8 weeks



No Membership Needed
Drop In's Possible
Small Classes 10-12 people per class
(Indoor – Studio Classes)



www.PilatesDublin.ie

www.facebook.com/PersonalTrainingDublin



01-2989713 or 086-1736720

Call **Fitnecise** Today

Book early as places are limited. Special Offer "3 join together and each person gets One Class for FREE - SAVING You €15 (only Pilates)".

All Classes are open to Women and Men (except Prenatal)

Bootcamp - Outdoor Fitness and Exercise Class Time Table with Fitnecise Coaching in South Dublin

Dublin 14, Dulin 16, Dublin 18 - close to Dundrum, Rathfarnham, Churchtown, Clonskeagh, Ballinteer, Marlay Park, Rathgar, Rathmines, Templeogue

we offer also Personal Fitness Training - Pilates - Yoga - Kettlebell Classes - Corporate Health & Well Being

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Personal and Buddy Fitness Training - Small Group Classes - Diet and Nutrition Advice, Toning, Weight Loss, Strength Gain, Yoga, Sports Therapy



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   	9.45-10.45am Nutgrove Dublin 14 Bootcamp Circuit Training Fitness Exercise Classes - Course 7pm-8pm Nutgrove Dublin 14 Bootcamp Circuit Training Fitness Exercise Classes - Course	9.45-10.45am Firhouse Bootcamp Circuit Training Fitness Exercise Classes - Course <i>No Membership needed</i>  	 Three Friends, Relatives, Work Colleagues etc. Join Together and each Person gets ONE Class for FREE Outdoor Boot Camp Pilates Circuits Only 	<i>Pay As You Go possible</i> <i>10-15 (max. 20) participants</i> 	9.45-10.45am Leopardstown The Gallops Sandyford Hall Dublin 18 Bootcamp Outdoor Circuit Training Fitness Exercise Classes - Course REFERRAL Special An existing class participant refers a friend, work colleague, family member etc. on and both GET a CLASS FREE if both... 	

Contact Martin - 086-1736720 for Group Classes and One-to-One Sessions in Leopardstown Dublin 18 and Nutgrove - Dublin 14, Dublin 16

Contact Irfan - 086-3596804 for Group Classes and One-to-One Sessions in Firhouse, West Dublin and Nutgrove - Dublin 14, Dublin 16

Fitness and Exercise Class Time Table - Fitnecise Coaching Studio in South Co. Dublin, Nutgrove

Dublin 14/16 - close to Dundrum, Rathfarnham, Churchtown, Clonskeagh, Ballinteer, Marlay Park, Rathgar, Rathmin

FITNECISE® Coaching Fitness Training - Pilates - Corporate Health & Well Being - 086-1736720



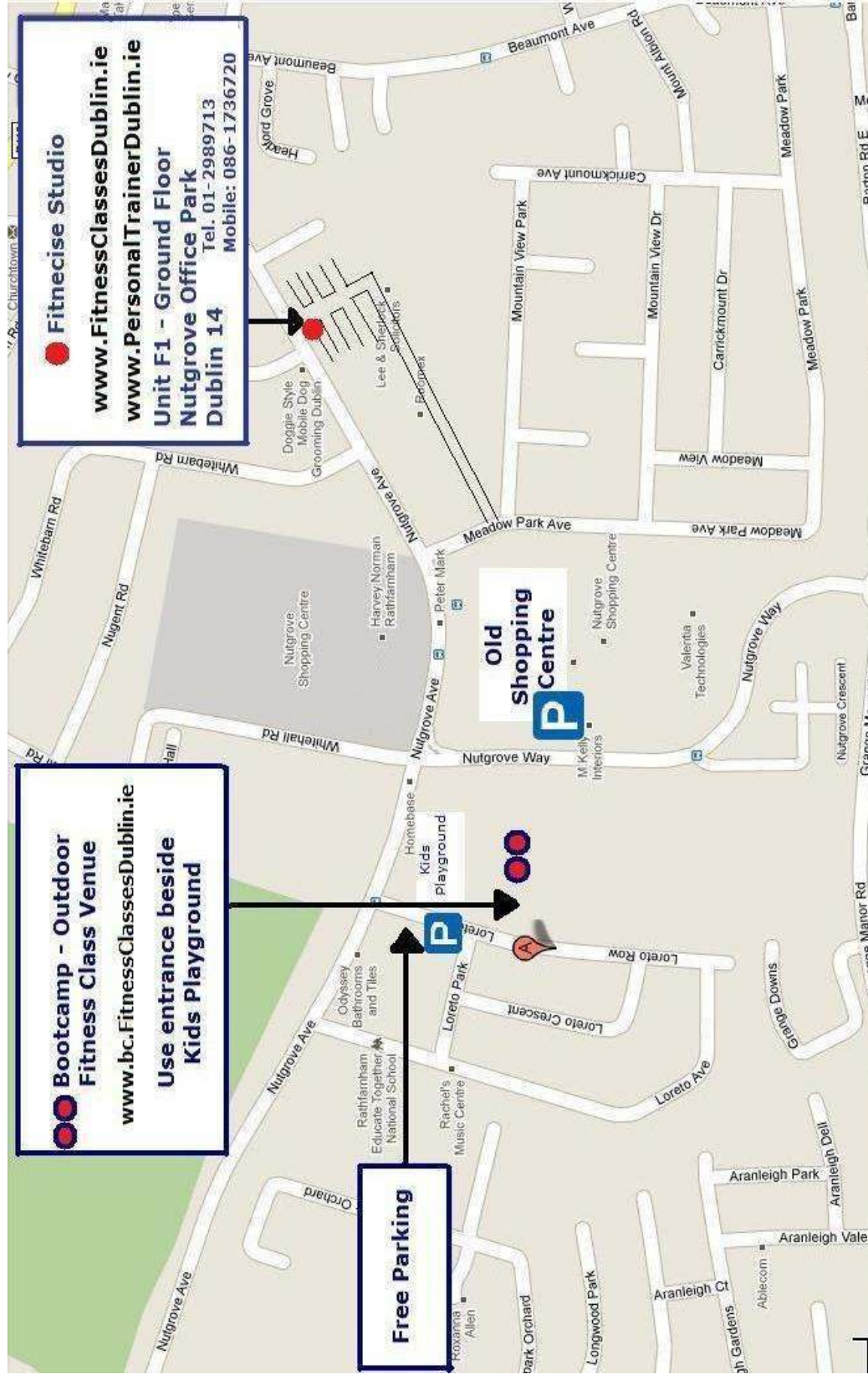
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Personal and Buddy Fitness Training - Small Group Classes - Diet and Nutrition Advice, Toning, Weight Loss, Strength Gain, Yoga, Sports Therapy, Somatics

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW 9.45-10.45am Bootcamp Classes - Course**	9.45-10.45am Pilates Beginners Level 2**	9.45-10.45am Pilates Beginners Level	9.45-10.45am Pilates Intermediate Level **	 SPECIAL OFFER Three Friends, Relatives, Work Colleagues etc. Join Together and each Person gets ONE Class for FREE Pilates - Circuits Only REFERRAL Special An existing class participant refers a friend, work colleague, family member etc. on and both get a class for free if both sign up for a	10.15-11.15am NEW PreNatal Pregnancy Fitness Classes 4 Week Course Start Mid April 2011
	<i>Pay As You Go possible</i>  New 4.15pm-5.15pm Bootcamp Class **	<i>Small Classes 10-12 participants</i> <i>No Membership needed</i> 	NEW 11am-12pm Pilates Mixed Level ** NEW Lunchtime Pilates Biltz 12.15pm-12.45pm NEW 3pm-4pm Over 60s Senior Activity Class	 One to One Sessions Private Small Groups of 1-4 People		NEW 11.45pm-12.45pm Toning - Conditioning Gym Ball Class**
	New 5.30pm-6.30pm Indoor Bootcamp Class **	6.10-7.10pm Pilates Beginners Level 2 to Intermediate Level**	5.15pm-6.15pm Toning - Weight Loss Circuit Training Class **	6.10-7.10pm Pilates Beginners Level 1	Studio Space for Rent, to Let Saturday, Sunday for e.g. Dance, Yoga Meditation, Tai Chi Pilates etc. 	Core Strength Back Care and Pilates Workshop Saturday Mid April 2011 2-5.30pm - e45
	New 7pm-8pm Bootcamp Class ** Circuit Conditioning	7.20-8.20pm Pilates Beginners Level 1	6.45pm-8pm Yoga ** Mixed Level	7.20-8.20pm Pilates Intermediate Level 1 We use small equipment e.g. Pilates Circle, Foamroller etc. **		Saturday - Sunday Health and Fitness related Seminars Workshops Open for One-to-One Fitness Health Advice Fitness Training Pilates, Diet Nutrition Toning Sessions Physio Therapy Neuro Muscular Therapy Weight Loss Advice
	NEW 8.30-9.30pm Men Only Core Strength Pilates Class	8.30-9.30pm Pilates Intermediate Level 2 We use small equipment e.g. Pilates Circle, Foamroller etc. **	8.15pm-9.15pm Beginners Level Yoga **	8.30-9.30pm Pilates Beginners Level 1/2		

See the "Contact Us" section of our PersonalTrainerDublin.ie or PilatesDublin.ie for a **map with directions**.
Contact Martin - 086-1736720 for South County Dublin - Group Classes and One-to-One Sessions
Contact Elena - 086-8101112 for Dublin City Centre - Pilates Group Classes and One-to-One Sessions

**** Drop In's - Pay-As-You-Go possible - Toning, Conditioning, Weight Loss Classes or Pilates (Pilates only if you have done at least one - sometimes two 6-8 week courses before)**



The Studio is at the far end of the road when you drive into the office Par, at the last T-junction. There are three rows of office buildings, we are on the corner of the last row at the left, opposite a small bike rack.

Please use the entrance at the back of the building (NOT the entrance at the front, as this is the landlords entrance).

Regards
Martin Luschin – 086-1736720 or 01-2989713

Health Screening Form


For Your Safety:

- Please answer the following questions. All information will be treated in the strictest confidence.
- Please check with your doctor or specialist before exercising:

Name: _____ **Date of birth:** _____

Address: _____

Telephone: (Home) _____ **(Work)** _____

(Mobile) _____ **(e-mail)** _____

• **Do you now or have you had in the past 12 months (Please tick)?**

	Y	N		Y	N
History of heart problems:	<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
History of heart problems in immediate family	<input type="checkbox"/>	<input type="checkbox"/>	Hernia	<input type="checkbox"/>	<input type="checkbox"/>
History of lung problems:	<input type="checkbox"/>	<input type="checkbox"/>	Dizziness	<input type="checkbox"/>	<input type="checkbox"/>
High/Low Blood Pressure:	<input type="checkbox"/>	<input type="checkbox"/>	Chronic Illness	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes:	<input type="checkbox"/>	<input type="checkbox"/>	Back Issues	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy:	<input type="checkbox"/>	<input type="checkbox"/>	Asthma / respiratory issues	<input type="checkbox"/>	<input type="checkbox"/>

- **Are you pregnant or post natal (do you have a baby under 6 months old)?** ☐ ☐
If yes please state: _____

- **Have you had a recent operation / injury / chronic illness?** ☐ ☐
If yes please state: _____

- **Do you have a history of joint, ligament or muscle damage, limited movements in any joints?** ☐ ☐
If yes please state: _____

- **Are you taking any drugs or medication?** ☐ ☐
If yes please state: _____

- **Are you accustomed to physical exercise?** ☐ ☐
If yes please state: (Types of exercise, duration and times per week/ month)

(Past) _____

(Present) _____

- **Do you smoke?** ☐ ☐
If yes how many per day? _____

- **Have you previously been asked not to partake in physical exercise by a physician?** ☐ ☐
If yes please state: _____

- **Please state any illness/injury you have suffered or presently suffering, if not asked above:**

- **How long did you commute (drive, cycle, walk) to this fitness and exercise class (please express in minutes or miles/kilometres)?**

- **How did you find out about this course?**

I am aware that I must inform the instructor of any health issues or problems that may arise in the future. I declare to the best of my knowledge that the information given above is correct and I know of no reason why I should not participate in the exercise programme.

If you want to receive information either via text message, e-mails, post about upcoming Pilates classes, a bi-monthly, Fitness & Health Website Newsletter, fitness & exercise classes and other fitness, sport and health related services tick the following box: ☐

Signed: _____

Date: _____