

Fitness & Exercise – Courses and Classes

www.PersonalTrainerDublin.ie

www.PilatesDublin.ie

in South Dublin – Dublin 14 – 16 - 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

• Toning - Conditioning

• Circuit Training

• Pilates

• Yoga

• Prenatal

• Gymstick

• KettleBell

• Over 60s Classes

• Core Strength - Posture

Classes Start

Mid July

6th 7th 8th 9th

September

2nd 3rd 4th

November

2010



No Membership Needed
Drop In's Possible



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For More Information and Class Bookings

Call **Martin 086-1736720** Today

Personal Fitness Training also available

Book early as places are limited. Save €5 with this flyer! **SAVE** up to **€38** "3 for 2" Special Offer, 3 Participants pay the of price 2 (only Pilates Classes).

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

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

Dublin 14/16 - close to Dundrum, Rathfarnham, Churchtown, Clonskeagh, Ballinteer, Marley Park








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

www.PersonalTrainerDublin.ie - www.PilatesDublin.ie - www.FitnessClassesDublin.ie

Personal and Buddy Fitness Training - Pilates - Circuit Training - Yoga - Weight Loss - Strength Gain - Yoga, Sports Therapy, Somatics

Our next Pilates Courses start 6th, 7th, 8th, 9th September 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8.30am -9am Qi Gong	9.45-10.45am Pilates Beginners Level 1/2	NEW 10-11am Toning - Weight Loss Circuit Training Class **	9.45-10.45am Pilates Intermediate Level **	10.30-11.30am NEW Baby and Infant Massage 13.08.10	10.30-11.30am NEW PreNatal Pregnancy Fitness Classes Start 04.09.10
	10am-11am Tai Chi - Qi Gong	NEW 11am-12pm Over 60s Senior Fitness Class		10.55-11.55am Pilates Beginners Level 1/2		Core Strength Back Care and Pilates Workshop
	12.30pm-1pm 1pm-1.30pm Tai Chi - Qi Gong	No Membership needed Pay As You Go possible	12.10-12.40pm Pilates Mixed Level	12.10-12.40pm Flexibility - Stretching Class	Two Friends, Relatives, Work Colleagues etc. Join Together and each Person gets ONE Class for FREE Pilates - Circuits Only	Saturday 14th August 2010 12.30-3pm €45
			NEW 3pm-4pm Over 60s Senior Fitness Class	12.50-1.20pm Flexibility - Stretching Class		
	Fitness - Exercise Studio Space for Rent to Let for e.g. Dance Yoga Tai Chi Meditation Pilates etc.	6.10-7.10pm Pilates Beginners Level 1	5.30-6.30pm Toning - Weight Loss Circuit Training Class **	6.10-7.10pm Pilates Beginners Level1	Summer Holiday Special Book 6 classes and use them throughout July - August.	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
		7.20-8.20pm Pilates Beginners Level 1	6.45-7.45pm Toning - Weight Loss Circuit Training Class **	7.20-8.20pm Pilates Intermediate Level We use small equipment e.g. Pilates Circle, Foamroller etc. **		
		8.30-9.30pm Pilates Intermediate Level We use small equipment e.g. Pilates Circle, Foamroller etc. **	8.15pm-9.15pm Yoga **	8.30-9.30pm Pilates Beginners Level 1		

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

SAVE €5 - if you present this time table upon registration.

Only valid for 8 week Pilates and Circuit Training courses and in our Studio in Nutgrove (not for our Prenatal Courses) ** Drop In's - Pay-As-You-Go