

Cappawhite gym
Class timetable October 2018
Starting the 9th of October
(12 weeks to Christmas!!!)



Tuesday 7pm-7:45pm
(main hall)

Full body toning circuit

Full class targeting the whole body,
legs, glutes abs, core and upper body.
A fun class that never gets easy...
Great way to improve cardiovascular
fitness and improve muscle toning.

Thursday 7pm-7:45pm
(Main hall)

Tabata

A high intensity workout that has
fitness and weight-loss benefits.
It's similar to circuit training improves
aerobic and anaerobic fitness levels
plus more important a good high
intensity tabata class can keep your
metabolism high and keep you burning
fat hours after.

CLASSES MAY VAREY DUE TO NUMBERS
BRING TOWEL/WATER BOTTLE AND MOTIVATION!!!
€5 PER CLASS
ANY QUERIES CALL 06275071