

### Seomraí Folláine

Fáilte roimh chách. Caithfidh tú seisiún ionductúcháin a dhéanamh roimh ré. Déan áirithint roimh ré ag an deasc fáiltithe spóirt. \*Tá tuáille lámhe pearsanta riachtanach chun allas a ghlanadh ar gach cuairt.

### Clubanna Spóirt

Tá ballraíocht ins na clubanna Spóirt saor in aisce. Déan teagmháil le do thoil le hAontas na Mac Léinn chun sonraí a fháil.

### Cúrsaí

Tromán Cluasach, Pilates & Leadóg ar fáil gach seimeastar. Déan teagmháil linn le do thoil. Rithimid freisin sraithchomórtais ghrinn sacair agus haca do mhic léinn. Is féidir linn cóisir lá breithe & Campaí do Pháistí a sholáthar. Cuir ceist orainn le do thoil.

### Club Tanaithe

Gach Déardaoin idir 11am–12pm. Buail isteach le haghaidh meá agus comhairle (ní ghlacann sé ach 10 nóiméad) nó déan coinne a oireann duit.

### Fáilte roimh chách is cuma do chumas

Mic léinn €3 Baill €3.50 Foireann €5.50 Cártaí lamháltais ar fáil.

### Is gá áirithint a dhéanamh do na ranganna uile

roseannmginley@lyit.ie or Teileafón 074 918 6800.

**Féach do ríomhphost gach Luan le haghaidh an eolais is déanaí faoi ranganna. Cuardaigh eolas ar ríomhphost, ar phóstaeir agus ar an leathanach gréasáin & facebook againn.**

### Fitness Suite

All are welcome. You must do an Induction/introduction before using. Just book at sports reception in advance. \*A personal hand towel is compulsory to wipe perspiration on each and every visit.

### Sports Clubs

Sports clubs are free to join. Please contact the Students Union for details.

### Courses

Kettlebells, Pilates and Tennis are available each semester. Please contact us. We also run student soccer and hockey fun leagues. We do Birthday Parties and Kids Kamps. Please ask.

### Slimming Club

Every Thursday between 11am to 12pm. Call for a weigh in and advice (takes 10 minutes) or make an appointment to suit you.

### Everyone and all abilities welcome

Students €3 Members €3.50 Staff €5.50 Concessionary cards available.

### Booking necessary for all classes

roseannmginley@lyit.ie or Telephone 074 918 6800.

**Check your emails each Monday for updates on classes. Look out for info via email, on posters and on our web and facebook page.**

# FÁILTE CHUIG IONAD SPÓIRT LYIT WELCOME TO LYIT SPORTS CENTRE



### Ionad Spóirt

Is duitse an tIonad Spóirt, mar sin bain feidhm as. Tá sé SAOR in aisce do mhic léinn lánaimseartha.

- Taispeáin do chárta aitheantais ag an deasc fáiltithe gach uair a théann tú isteach. Cosc isteach gan cárta aitheantais.
- Is féidir leat an halla a chur in áiritheam ar bith le haghaidh pé imeachtaí is mian leat – ní gá ach ceist a chur.
- Glac páirt ins na ranganna agus na himeachtaí úrnuachta.

### Uaireanta Oscailte

Luan go Déardaoin 8.00am–9.15pm  
Aoine 8am–7.45pm Satharn 10am–2pm

### Sports Centre

The sports centre is for you so please do use it. Full-time students are FREE of charge

- Show your id card at reception on each and every visit. No ID No Entry.
- You can book the hall at any time for any activity you wish – just ask.
- Join in the classes and novelty events. Just book.

### Opening Hours

Monday to Thursday 8.00am–9.15pm  
Friday 8am–7.45pm Saturday 10am–2pm

# RANGANNA ACLAÍOCHTA AG IONAD SPÓIRT LYIT

## EXERCISE CLASSES AT LYIT SPORTS CENTRE

Am	Luan	Máirt	Céadaoin	Déardaoin	Aoine
8.15am	Spin Fit		Campa Maidine Aclaíochta		
11.00				Club Tanaithe (idir 11-12) Séisiúin eile ar fáil chomh maith	
12.40pm	Cleachtadh Coirp	Cúrsaí Seomra aclaíochta		*Pilates	
5.40pm	Spin Mix	Cúrsaí			
6.30pm				Cúrsaí	
7.00pm	Abs Blast 15 nóiméad den obair bhoilg	Abs Blast 15 nóiméad den obair bhoilg	Abs Blast 15 nóiméad den obair bhoilg		

\*Pilates Cúrsa 6 seachtaine | Íoc roimh é | Áirithint riachtanach | Séisiúin phearsanta ar fáil chomh maith

\*Ióga: Déan teagmháil linn le do thoil..

**Mála Dornála:** Déan áirithint. **Cispheil, Badmantan, Haca Uni, Peil Laistigh...:** Déan áirithint.

**Jogging Club / Couch to 5K:** Déan teagmháil linn le do thoil.

**Oiliúint Folláine Pearsanta:** Déan teagmháil linn le do thoil.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am	Spin Fit		Morning Boot Camp		
11.00				Slimming Club (11-12) Other times available on request	
12.40pm	Core & Body Conditioning	Gym Circuits		*Pilates	
5.40pm	Spin Mix	Circuits			
6.30pm				Circuits	
7.00pm	Abs Blast 15 minutes of tummy work	Abs Blast 15 minutes of tummy work	Abs Blast 15 minutes of tummy work		

\*Pilates: 6 week course | payment in advance | Booking necessary | Personal sessions also available

\*Yoga: Please contact us.

**Punchbag:** Just book it. **Casual Basketball, Badminton, Uni Hoc, Volleyball:** Just book it.

**Jogging Club / Couch to 5K:** Please contact us.

**Personal Fitness Instruction:** Please contact us.

