

Zen Fitness and Leisure
Athlone Springs Hotel
 Monksland,
 Athlone,
 Co Roscommon.
 Tel 090 64 45850
 Email zen@athlonespringshotel.com



To ensure your place in any of the classes just phone ahead the day of the class and we will reserve you a place. Classes are complementary to members or pay per class for non members with exception of the **BLUE** classes which are charged per course (6weeks)

All **BLUE** classes must be booked in advance through club reception

Cost for **BLUE** classes €50euro for members and €80 for non members

Price per class for non member is €8

** Stott Pilates is €90.00 for a 6 week course and must be booked in advance.

Winter/ spring Timetable 2011

<i>Date/Time</i>	<i>Class</i>	<i>Levels</i>	<i>Types</i>
Monday			
7pm	Aqua Aerobics	All	Members & Non Members
8pm	Reebok Spin	All	Members & Non Members
Tuesday			
10am	Aqua Aerobics	All	Members & Non Members
4pm	Kids Swim Lessons	Beginners Level 1	Members & Non Members
4.45pm	Kids Swim Lessons	Intermediate	Members & Non Members
5.30pm	Kids Swim Lessons	Advanced	Members & Non Members
6.00pm	Stott Pilates**	All	Members & Non Members
7.00pm	Stott Pilates**	All	Members & Non Members
8pm	Adult Swim Lessons	Beginners	Members & Non Members
8pm	Step & Tone	All	Members & Non Members
8.45pm	Adult swim lessons	Intermediate	
Wednesday			
4pm	Kids Swim Lessons	Beginners Level 1	Members & Non Members
4.45pm	Kids Swim Lessons	Beginners Level 2	Members & Non Members
5.30pm	Kids Swim Lessons	Intermediate	Members & Non Members
7pm	Aqua Aerobics	All	Members & Non Members
8pm	Reebok Spin	All	Members & Non Members
8pm	Legs bums & Tums	All	Members & Non Members
Thursday			
10am	Aqua Aerobics	All	Members & Non Members
11.30am	Stott Pilates**		Members & Non Members
6.15pm	Reebok circuit step		Members & Non Members
7pm	Abs Blast (20min)	All	Members & Non Members
	New Body Tone All over body work out using barbell weights COMING VERY SOON!		

