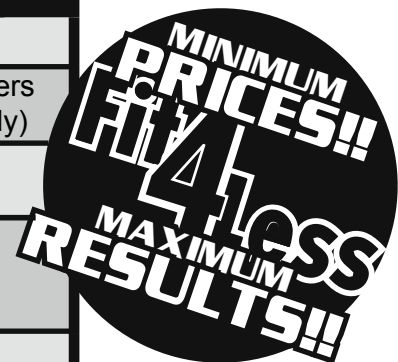


# Health & Fitness Courses

**Register NOW!!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12.00		Beginners Pilates	Pre-Natal Yoga	
13.00	Yoga - Suitable for Beginners	Beginner Pilates Level 2	Yoga Intermediate	Pilates Improvers (UCD Staff Only)
17.00	Yoga All Levels/ Hip Hop Beginners		Yoga All Levels	
18.00	Yoga Intermediate	Pilates Improvers	Beginners Pilates Level 2/ Hip Hop All Levels	
19.00	Yoga - Suitable for Beginners	Beginner Pilates Level 2	Pilates Improvers	
20.00	Beginners Pilates Level 2		Beginners Pilates	



**Course 2:** November 8<sup>th</sup> - December 13<sup>th</sup>

## Prices

### Health & Fitness Courses

6 wks

UCD Students	€35
UCD Staff	€45
Public	€55

**Please see separate Fitness Class**

**Timetable available at UCD Sport Centre**

**Reception or online at**

**[www.ucd.ie/sport/fitnessclasses](http://www.ucd.ie/sport/fitnessclasses)**

Payment is to attend one of our six week courses in Yoga and Pilates.

Our Fitness Courses are run on a first come first served basis and places cannot be guaranteed until full payment is made. Places on the courses are non transferable and non refundable.

**For further Information please contact UCD Sport Centre Reception Tel: 01 716 2185**