

Health & Fitness Courses

Register NOW!!

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|-------|-------------------|-------------------|---------------------|---------------------------------------|
| 12.00 | | | | |
| 13.00 | Beginners Yoga | Beginners Pilates | Yoga Intermediate | Pilates Improvers (UCD Staff Only) |
| 17.00 | Yoga All Levels | | | |
| 18.00 | Yoga Intermediate | Pilates Improvers | Beginners Pilates | |
| 19.00 | Yoga Beginners | Beginners Pilates | Pilates Improvers | |
| 20.00 | Beginners Pilates | | Yoga-Pilates Fusion | |
| 21.00 | | | | |



Course 1: September 27th - Nov 1st

(No Class Wednesday 28th September or Monday October 25th Bank Holiday)

Course 2: November 8th - December 13th *(No class)*

Prices

Health & Fitness Courses

| | 6 wks | 5 wks* |
|--------------|-------|--------|
| UCD Students | €35 | €29 |
| UCD Staff | €45 | €37.50 |
| Public | €55 | €46 |

**Please see separate Fitness Class
Timetable available at UCD Sport Centre
Reception or online at
www.ucd.ie/sport/fitnessclasses**

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

Yoga

Yoga is a healing system of theory and practice. It is a combination of breathing exercises, physical postures, and meditation that has been practiced for more than 5,000 years. Our Yoga Classes develop flexibility, strength, and a deepening awareness of the inner resources available to you in each moment.

Beginners Yoga

Level 1

Recommended for all ages and fitness levels. A comprehensive six-week course to introduce participants to the basic principles and practices of yoga. Designed especially for all new comers to Yoga.

Level 2

Recommended for all who have completed a Beginners course. This course allows participants to practice the basic principles and practices of yoga

Intermediate Yoga

Developing mindfulness and inner awareness. Further strength, flexibility and stamina will be required as more yoga postures are introduced. Participants must have a solid foundation in techniques.

Advanced Yoga

For experienced Yoga students to work on more challenging postures and techniques. Participants must have knowledge of most commonly practiced techniques. Participants must have attended an intermediate class (or their equivalent elsewhere).

Yoga Mama Courses

Yoga Mama Courses provides preparation for pregnancy and labour. Learn relaxation techniques, create flexibility in your body and find new positions for labour. Improve your posture and reduce the strain of carrying the extra weight of your baby. This class is a fantastic way to continue exercising gently throughout your pregnancy. This class is suitable for all levels of fitness from 12 weeks in pregnancy up to the birth of your baby

Yoga Óg

Yoga Óg provide children aged 5-12yrs with a fun, open and joyful way to breathe, stretch and relax. Young people who practice yoga develop a strong healthy body, a calm mind and a sense of inner peace. Our qualified expert Yoga instructor will teach children to tap into their inner strength, inspiration and freedom so that they can blossom into all that they can be.

Pilates

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. It is a physical movement designed to stretch, strengthen, lengthen and balance the body. This class will help you increase your core strength, flexibility, agility and economy of motion.

Beginner's Pilates

For those new to Pilates. This class introduces all class participants to the foundation of Pilates. Pilates differs from yoga in that the focus is primarily on core strength. It is excellent for anyone with a weak or injured back. It will also appeal to people who are drawn specifically to the exercise aspect of yoga, rather than relaxation, meditation or breath work.

Pilates Improvers

Improving the fundamentals and basics of Pilates.

Advanced Pilates

This class builds on the foundation of the Beginners/Improvers courses. It caters for those with previous experience in Pilates. Emphasis is placed on doing the exercises in a continuous flow, mastering the fundamentals and learning more advanced forms of the Beginners/Improvers courses.

Salsa Course

A Latin Dance, fun to learn and great for an aerobic workout, co-ordination and balance, developing your steps over the six weeks course.

Circuit Training

Includes exercise stations which will incorporate a mix of resistance training, aerobic and anaerobic exercises along with body conditioning exercises.

Aerobics

An hour long class taking participants into aerobic training zone for 35-40 min. The remainder of class will be focused on abdominal work and core/postural work. Warm-up, pre-stretch, cool-down and post stretch are included. Low impact/intensity options given throughout class for participants wanting to limit intensity of workout.

Body Pump

Body Pump is the original barbell class that concentrates on improving body tone and strengthening your entire body. This 50-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



MINIMUM PRICES!!
FIT 4 LOSS
MAXIMUM RESULTS!!



UCD Sport Fitness Classes