



Courtown Harbour, Gorey, County Wexford
 Tel: 05394 24849 Email: forestpark@coralleisure.ie Web: www.coralleisure.ie/forestpark



Fitness Class Timetable December 2011

Monday 5 December - 18 December

(Morning classes only from Monday 19 - Thursday 22 December)

| | Monday | Tuesday | Wednesday | Thursday |
|-----------------------|---------------|----------------|------------------|-----------------|
| Morning 11am | Aqua | Pilates | Spinning | Step & Tone |
| Evening 6:30pm | Pilates | Step & Tone | Aqua | Spinning |

Full fitness class timetable will resume from Tuesday 3 January 2012.

Personal Fitness Programmes available, contact reception for details.

Please arrive at least 10 minutes before class is due to start, late arrivals may not be admitted. Minimum age: 16 years.

Places are limited and available on a first-come-first-served basis only. Minimum numbers may be required for class to run.

For more information about any of our fitness classes see www.coralleisure.ie/forestpark