



# Fit4Less

UCD Sports Centre  
 Belfield, Dublin 4  
 Tel: 01 7162145  
 Email: [Fitnessclasses@ucd.ie](mailto:Fitnessclasses@ucd.ie)  
[www.ucd.ie/sport/fitnessclasses](http://www.ucd.ie/sport/fitnessclasses)

Monday			
1pm-2pm	Yoga all levels	Suzanne	<i>Suitable for Beginners</i>
5pm-6pm	Yoga all levels	Fiona	<i>Suitable for Beginners</i>
6pm-7pm	Yoga Intermediate	Fiona	
7pm-8pm	Yoga all levels	Fiona	<i>Suitable for Beginners</i>
8pm-9pm	Beginners Pilates	Doreen	
Tuesday			
1pm-2pm	Beginners Pilates	Bernie	
6pm-7pm	Pilates Improvers	Doreen	
7pm-8pm	Beginners Pilates	Doreen	
Wednesday			
12-1pm	PreNatal Yoga	Suzanne	<i>*Starts week of 24th (5 Weeks only)</i>
1pm-2pm	Yoga Intermediate	Suzanne	
6pm-7pm	Beginners Pilates	Isobel	
7pm-8pm	Pilates Improvers	Isobel	
8pm-9pm	Yoga/Pilates Fusion	Matt	
Thursday			
1-2pm	Pilates Improvers	Isobel	<i>UCD Staff Only</i>

Course Dates:	
Course 1 :	January 17th - February 21st 2011
Course 2 :	February 28th - April 4th 2011



Prices		
Health & Fitness Courses		6 Weeks
UCD Students	(Student card required))	€35.00
UCD Staff	(Staff card required)	€45.00
Public		€55.00

## Pay As you go Classes Fitness Classes (Ongoing)

Monday			
1pm-2pm	80's Aerobics	Isobel	€2.00
6pm-7pm	Boxercise	Myfanwy	€3.00
7pm-8pm	Circuit Training	Barry	€4.00
Tuesday			
6pm-7pm	Aerobics	Myfanwy	€2.00
Wednesday			
1pm-2pm	80's Aerobics	Isobel	€2.00
7pm-8pm	Circuit Training	Barry	€4.00
Thursday			
6pm-7pm	Aerobics	Isobel	€2.00

**For further information please contact UCD Sport Centre Reception Tel 01 - 7162145**