

# Short Courses

## FEBRUARY-MARCH 2012

COURSE	DATES	DAY & TIME	VENUE	MEMBER	NON-MEMBER
<b>Pilates*</b> <b>Beginner/ Improver</b>	07/02/12 - 27/03/12 (8 wks)	Tuesday 12.30-1.30pm	Squash Court	£27.00	£32.00
<b>Pilates*</b> <b>Improvers/ Advanced</b>	09/02/12 - 29/03/12 (8 wks)	Thursday 12.30-1.30pm	Squash Court	£27.00	£32.00
<b>Yoga**</b> <b>(Ashtanga)</b>	08/02/12 - 28/03/12 (8 wks)	Wednesday 7.00-8.30pm	Squash Court	£30.00	£35.00
<b>Zumba***</b>	08/02/12 - 28/03/12 (8 wks)	Wednesday 8.00-9.00pm	Minor Hall	£25.00	£30.00
<b>Boxercise****</b>	08/02/12 - 28/03/12 (8 wks)	Wednesday 5.00-6.00pm	Minor Hall	25.00	£30.00
<b>Pulses-4- Pounds*****</b>	16/02/12 - 22/03/12 (6 wks)	Thursday 5.00-6.00pm	Main Hall	15.00	£20.00

**Please register for short courses at the Sports Centre Reception. It is suggested that you register early as courses may be cancelled if there are not enough applicants.**

\* *Pilates: Excellent for improving posture, strength and flexibility and aligning the body correctly through the core of the body, the back, abdomen and hips.*

\*\* *Yoga (Ashtanga): Helps strengthen your body, mind and soul. Ashtanga is a more energetic form of yoga.*

\*\*\* *Zumba: An aerobic workout using a mixture of Latin dance moves.*

\*\*\*\* *Boxercise: Incorporates a mixture of boxing, skipping, and bodyweight exercises for an outstanding cardio workout that will burn calories and tone up leg, arm and ab muscle groups.*

\*\*\*\*\* *Pulses-4-Pounds: Variety of exercise classes and measurement of weight loss each week. This is a great class for exercise beginners to help kick start your new healthy lifestyle.*

**A full list of facilities available, including prices can be found at [www.sportsulster.com](http://www.sportsulster.com)**

Sports Centre, Coleraine campus, University of Ulster, Cromore Road, Coleraine BT52 1SA

Tel: +44 (0)28 7012 4718 Email: [sport@ulster.ac.uk](mailto:sport@ulster.ac.uk)

**[www.sportsulster.com](http://www.sportsulster.com)**

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# Pay as U Go Classes 2012

CLASS	DAY & TIME	VENUE	MEMBER	NON-MEMBER
<p><b>Studio Cycle</b> Exciting, fun filled aerobic indoor cycling class that will help burn those extra calories to make you look and feel great.</p>	<p>Tue &amp; Thur 5.15-6.00pm Mon 12.45-1.15pm</p>	Minor Hall	<p>£2.75 £2.10</p>	<p>£4.00 £3.50</p>
<p><b>Circuits/Body Blast</b> Our classes will help you experience a variety of great exercises to help improve strength and cardio endurance as well as tone up and lose weight.</p>	<p>Mon 5.00-6.00pm</p>	Minor Hall	£2.75	£4.00
<p><b>Bootcamp</b> A brand new all action exercise class. Get fitter, faster, and stronger than ever before. Lose weight and tone up in a fun and enjoyable exercise class. Suitable for all fitness levels.</p>	<p>Wed 12.45-1.30pm</p>	Minor Hall	£2.10	£3.50
<p><b>Boxercise</b> A new and fun way to burn calories, tone up and learn a new skill. This fun and enjoyable boxing exercise class has proved very popular since its introduction.</p>	<p>Tue 12.45-1.30pm</p>	Minor Hall	£2.75	£3.50
<p><b>Triple Teaser</b> Target those legs, abs and arms with this quick and effective workout. Mixture of indoor cycling, cardio and toning up exercises to help tone and burn in the key areas of legs, abs and arms.</p>	<p>Thurs 12.45-1.30pm</p>	Minor Hall	£2.10	£3.50

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