

**UNIVERSITY OF ULSTER JORDANSTOWN CAMPUS
SPORTS CENTRE
Fitness classes during 2012**

CLASS	DAY	TIME	VENUE	CHARGES	PLACES
Circuits All round workout incorporating all muscle groups	Monday	8.00pm - 9.00pm	Sports Hall	Member £2.50 Non-member £3.50pm	40
Indoor Cycle Ultimate cardio workout	Monday & Wednesday	12.45pm - 1.30pm	Athletics Arena	Member £2.50 Non-member £3.50pm	12 Please book place in advance
Boxercise/ Core Upper body one week Core the next	Tuesday Class will alternate each week	12.45pm - 1.30pm	Athletics Arena	Member £2.50 Non-member £3.50pm	25
20/20 20 mins of cycle & 20 mins of abs Best of both	Wednesday Starting 15/2/12 Until 4/4/12	6.00pm - 7.00pm	Sports Hall	Member £2.50 Non-member £3.50pm	20 Please book place in advance
Boot Camp 12 Week Course	Thursday Starting 19/1/12	12.45pm - 1.30pm	Athletics Arena Indoor/Outdoor	Member £3.00 Non-member £4.00pm	30
20/20 20 mins of cycle & 20 mins of abs Best of both	Friday	12.45pm - 1.30pm	Athletics Arena	Member £2.50 Non-member £3.50pm	20 Please book place in advance
Pilates	Friday Starting 03/02/12	12.45pm - 1.30pm	Gymnasium	Member £5.00 Non-member £5.50 Payable to tutor	12 Places Only

- Places are limited for Indoor Cycle, 20/20 and Boot Camp book early on: **028 90 366 431**
- Indoor Cycle, Circuits, Boxercise/Core and 20/20 are complementary to all Annual Package Holders

All classes/courses are subject to change