University of ULSTER

Sports Centre & Pavilion, Magee campus

Easy Tone Workout

January-April 2012

Sports Centre & Pavilion, Magee campus, University of Ulster, Northland Road, Londonderry BT48 7JL
Tel: +44 (0)28 7167 5424 Email: sport@ulster.ac.uk

www.sportsulster.com

Open to the Public

BE ACTIVE ■ BE INVOLVED ■ BE OUTSTANDING

Easy Tone Workout

Technogym Easy line equipment is perfect for **Tightening** and **Toning** all the major muscle groups.

It is effective in improving **cardiovascular fitness** with a high rate of calorie expenditure.

Easy to use for all groups of people.

Easy on **all the joints**, elbow, knees & hips.

Resistance varies according to the speed of the exercise.

DAY	DATES	DAY & TIME	VENUE	MEMBER	NON-MEMBER
Monday	30 Jan 12 for 10 wks	12.00-2.00pm & 4.00-7.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Tuesday	31 Jan 12 for 10 wks	12.00-2.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Wednesday	1 Feb 12 for 10 wks	12.00-2.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Thursday	2 Feb 12 for 10 wks	12.00-2.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Friday	3 Feb 12 for 10 wks	11.00-3.30pm	Sports Hall	£1.60 per visit	£2.10 per visit

3 month Membership holders get FREE access to all sessions

All Sessions take place in Magee Sports Hall

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