

Short Courses

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

COURSE	DATES	DAY & TIME	VENUE	MEMBER	NON-MEMBER
Keiser Cycling	30 Jan 12 for 10 wks	Monday 1.15-2.00pm & 5.15-6.00pm	Sports Hall	£2.00	£3.00
Easy Tone Open Sessions	30 Jan 12 for 10 wks	Monday 12.00-2.00pm & 4.00-6.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Easy Tone Open Sessions <i>(LADIES ONLY)</i>	30 Jan 12 for 10 wks	Monday 6.00-7.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Easy Tone Open Sessions	31 Jan 12 for 10 wks	Tuesday 12.00-2.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Full Body Blast	31 Jan 12 for 10 wks	Tuesday 5.00-5.45pm	Duncreggan Studio	10 wk course £20.00	10 wk course £25.00
Keiser Cycling	31 Jan 12 for 10 wks	Tuesday 6.15-7.00pm	Sports Hall	£2.00	£3.00
Easy Tone Open Sessions	1 Feb 12 for 10 wks	Wednesday 12.00-2.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Magee Running Club	1 Feb 12 for 10 wks	Wednesday 1.00-2.00pm	Meet at Sports Centre	FREE	FREE
Keiser Cycling	1 Feb 12 for 10 wks	Wednesday 5.30-6.30pm	Sports Hall	£2.00	£3.00
Legs, Bums & Tums <i>(LADIES ONLY)</i>	1 Feb 12 for 10 wks	Wednesday 7.30-8.30pm	Duncreggan Studio	10 wk course £20.00	10 wk course £25.00
Easy Tone Open Sessions	2 Feb 12 for 10 wks	Thursday 12.00-2.00pm	Sports Hall	£1.60 per visit	£2.10 per visit
Easy Tone Open Sessions	3 Feb 12 for 10 wks	Friday 11.00-3.30pm	Sports Hall	£1.60 per visit	£2.10 per visit

Note: Package Holders get FREE access to the following classes; KEISER CYCLING, EASY TONE, RUNNING CLUB & THE FITNESS SUITE.

Spin bikes must be booked in advance at reception as there are limited places.