



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Ollscoil
Teicneolaíochta
an Atlantaigh
Atlantic
Technological
University

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —



Our Great value, quality fitness classes, close to your workplace will return with our Spring schedule.

For Instructors details please see below, please contact the instructor to book a place in a class.

6 classes for €40 (€)

(€30 ATU Students)

Timetable February 27th – April 7th inclusive

Day	Class	Time	Venue
Monday	Yogalates with Natalie	1.10 – 1.50pm	Area 15 ATU
Monday	High Intensity Interval Training (HIIT) with Sarah Keane	1.10 – 1.50pm	St. Mary's Hall, ATU
Monday	Zumba with Pascale	5:10 – 5:50pm	St. Mary's Hall, ATU
Tuesday	<i>Strength and Resistance - H.E.R. Coaching (with June)</i>	1.10 – 1.50pm	St. Mary's Hall, ATU
Tuesday	Yoga Flow with Mary Alice	5.10 - 5.50pm	Area 15, ATU

Instructor Contact Details

HIIT – Sarah Keane 087-9446201 sarahmahon81@gmail.com

Strength and Resistance - H.E.R. Coaching June Devaney june_devaney@hotmail.com
0862015265.

Yoga Flow with Mary Alice – Mary Alice maryalicereddington@gmail.com 0877506341

Yogalates with Natalie - Natalie natalie_langan@yahoo.com 0872340695

Zumba – Pascale Giguere – 085 1311135 – pascalegiguere@hotmail.com



- **High Intensity Interval Training (HIIT) Sarah Keane** -Our HIIT class is open to those looking for a unique 'all-round' workout. This class offers a blend of Strength, Conditioning and High-Intensity training. The training routines have been designed by our Head Trainers and are the cornerstone of the exercise routine from our hugely popular 6-Week Challenge Program. The class is designed to keep you burning calories for up to 36-hours after the workout.

Strength and Resistance - H.E.R. Coaching

Increase strength, decrease body fat and 'tone up', without the high impact of jumping or running. Exercises are slower-paced and controlled, with lots of encouraging guidance from the coach. Strength training is vitally important for overall health, longevity and injury prevention, so is suitable for all ages and fitness levels.

*If you have your own dumbbells or mats, bring them along!

Yoga Flow with Mary Alice is a Hatha based class. It will create strength, stability and support for the spine and the whole body by syncing breath and movement. This type of yoga builds heat, flexibility and increases muscle tone over the whole body. In each class, we will practice being present,

strengthen and stretch the muscles of the skeletal, respiratory and cardiovascular systems and cultivate the strength, flexibility and resilience of the mind, body and spirit.

Yogalates with Natalie is a mat based mix of Yoga and Pilates, taking great flexibility and stretching exercises and combining them with lots of core strengthening exercises. It's low impact with high returns - weight loss, toning, stress reduction, core strengthening and body awareness. Great for athletes or general fitness Yogalates should form an integral part of everyone's approach to a good fitness routine

ZUMBA with Pascale fuses hypnotic Latin rhythms and easy to follow dance moves to create a one-of-a-kind fitness program that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body energizing movements. Exercise was never so much fun!!!