

WELCOME TO LYIT SPORTS CENTRE



Sports Centre

The sports centre is for you so please do use it. Full-time students are FREE of charge.

- Show your id card at reception on each & every visit. No ID No Entry.
- You can book the hall at any time for any activity you wish – just ask.
- Join in the classes & novelty events. Just book.

Fitness Suite

All are welcome. You must do an Induction/introduction before using. Just book at sports reception in advance.

*A personal hand towel is compulsory to wipe perspiration on each & every visit.

Sports Clubs

Sports clubs are free to join. Please contact the Students Union for details.

Opening Hours

Mon to Thurs

8.30am–9.15pm

Friday 9am–7.45pm

Saturday 10am–2pm

EXERCISE CLASSES AT LYIT SPORTS CENTRE

What's on 2012

Spin Fit Monday 8.30am & 5.30pm, Tuesday 12.40pm, Thursday 12.40pm

Body Conditioning Monday 12.40pm

Circuits Tuesday 5.30pm | **Gym Circuits** Wednesday 12.30pm

Abs Blast (15 mins of tummy work) Monday, Tuesday & Wednesday 7pm

Spin Fit & Core Wednesday 8.30am

Jogging Club Wednesday 5.30pm

Zumba Dance Wednesday 5.30pm

Beginner Spin Fit Thursday 5.30pm

Punchbag Just book it

Kettlebells Course Fridays 12.40 (booking necessary)

Fun Basketball, Badminton, Uni hockey, indoor soccer... Just book it

Personal Fitness Instruction Please contact us

Courses

Kettlebells, Yoga, Pilates & Tennis are available each semester. Please contact us. We also run student soccer & hockey fun leagues. We do Birthday Parties & Kids Kamps. Please ask.

Slimming Club

Every Thursday between 11-12. Call for a weigh in & advice (takes 10 minutes) or make an appointment to suit you.

Everyone & all abilities welcome

Students €3, Members €3.50, Staff €5.50.
Concessionary cards available.

Booking necessary for all classes

roseannmcginley@lyit.ie or
telephone 074 918 6800.

Check you emails each Monday for updates on classes.

Look out for info via email, on posters and on our web & facebook page.

www.lyit.ie/studentlife/sports/

www.facebook.com/pages/Letterkenny-Institute-of-Technology-Sports-Centre



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