

### Seomraí Folláine

Fáilte roimh chách. Caithydh tú seisiún ionductúcháin a dhéanamh roimh ré. Déan áiríthint roimh ré ag an deasc fáiltithe spóirt. \*Tá tuaille láimhe pearsanta riachtanach chun allas a ghlanadh ar gach cuairt.

### Clubanna Spóirt

Tá ballraíocht ins na clubanna Spóirt saor in aisce. Déan teagmháil le do thoil le hAontas na Mac Léinn chun sonraí a fháil.

### Cúrsaí

Leadóg ar fáil gach seimeastar. Déan teagmháil linn le do thoil. Rithimid freisin sraithchomórtais ghrinn sacair agus haca do mhic léinn. Is féidir linn cóisir lá breithe & Campaí do Pháistí a sholáthar. Cuir ceist orainn le do thoil.

### Club Tanaithe

Gach Déardaoin idir 11am–12pm. Buail isteach le haghaidh meá agus comhairle (ní ghlacann sé ach 10 nóiméad) nó déan coinne a oireann duit.

### Fáilte roimh chách is cuma do chumas

Mic léinn €3 Baill €3.50 Foireann €5.50  
Cártaí lamhálaí ar fáil.

### Is gá áiríthint a dhéanamh do na ranganna uile

roseannmcginley@lyit.ie or  
Teileafón 074 918 6800.

Féach do ríomhphost gach Luan le haghaidh an eolais is déanaí faoi ranganna. Cuardaigh eolas ar ríomhphost, ar phóstaer agus ar an leathanach gréasáin & facebook againn.

### 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 and every visit.

### Sports Clubs

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

### Courses

Tennis is available each semester. Please contact us. We also run student soccer and hockey fun leagues. We do Birthday Parties and Kids Kamps. Please ask.

### Slimming Club

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

### Everyone and 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 your emails each Monday for updates on classes. Look out for info via email, on posters and on our web and facebook page.

## FÁILTE CHUIG IONAD SPÓIRT LYIT WELCOME TO LYIT SPORTS CENTRE



### Ionad Spóirt

Is duitse an tIonad Spóirt, mar sin bain feidhm as. Tá sé SAOR in aisce do mhic léinn lánaimseartha.

- Taispeáin do chárta aitheantais ag an deasc fáiltithe gach uair a théann tú isteach. Cosc isteach gan cárta aitheantais.
- Is féidir leat an halla a chur in áirítheam ar bith le haghaidh pé imeachtaí is mian leat – ní gá ach ceist a chur.
- Glac páirt ins na ranganna agus na himeachtaí úrnuachta.

### Uaireanta Oscailte

Luan go Déardaoin 8.00am–9.15pm  
Aoine 8am–7.45pm Satharn 11am–3pm

### 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 and 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 and novelty events. Just book.

### Opening Hours

Monday to Thursday 8.00am–9.15pm  
Friday 8am–7.45pm Saturday 11am–3pm

# RANGANNA ACLAÍOCHTA AG IONAD SPÓIRT LYIT

## EXERCISE CLASSES AT LYIT SPORTS CENTRE

Am	Luan	Máirt	Céadaoin	Déardaoin	Aoine
8.15am	Spin Fit		Campa Maidine Aclaíochta		Tromán
11.00am					
12.40pm	Cleachtadh Coirp	Cúrsaí Seomra aclaíochta	Spórt Seisiún (do rogha)	Spin Fit & Core	
5.40pm	Box-fit	Spin Fit & Cúrsaí bunleibhéal	Spin Fit bunleibhéal	Cúrsaí & Abs	
6.30pm					
7.00pm					
7.30pm					

Fáilte roimh chách is cuma do chumas: Box-Fit| Tromán | Core| Traail a Bhaint as  
Mála Dornála: Déan áirithint. Cispheil, Badmantan, Haca Uni, Peil Laistigh & Leadóg boird.: Déan áirithint.  
Oiliúint Folláine Pearsanta: Déan teagmháil linn le do thoil.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am	Spin Fit		Morning Boot Camp		Kettlebells
11.00am					
12.40pm	Core & Body Conditioning	Gym Circuits	Sports Session (your choice)	Spin Fit & Core	
5.40pm	Box-Fit	Beginner's Spin Fit & Circuits	Beginner's Spin Fit	Circuits & Abs	
6.30pm					
7.00pm					
7.30pm					

Everyone and all abilities welcome : Box-fit | Kettlebells| Core| Try us.

Punchbag: Just book it. Casual Basketball, Badminton, Uni Hoc, Volleyball & Table Tennis: Just book it.

Personal Fitness Instruction: Please contact us

