

## GYM MEMBERSHIP

1 Month Gym Membership	€70
1 Month Gym & Pool Membership	€90
3 Months Gym & Pool Membership	€225
1 Hour Personal Training Session with Fiona	€45
1 Fitness/Exercise Class	€9

## GYM MEMBERSHIP OFFERS

1 Month Gym Membership + 4 Personal Training Sessions plus 5 classes of choice	€180
1 Month Gym Membership + 2 Personal Training Sessions plus 5 classes of choice	€135
Book of 5 Class Vouchers	€40
Book of 10 Class Vouchers	€70

**Fiona Kehoe** has been competing in athletics for 15 years having successes in both cross country, track and field. She received a full athletic scholarship to Arkansas Tech University in 2001 where she completed a degree in Health and Physical Education. Since returning she has been competing on the national level in track and field finishing consistently in the top three for the last few years both indoor and outdoor. She has a fountain of knowledge in the health and fitness field which she hopes to spread to as many as she can.

**Eileen Rowe** has vast knowledge in the field of fitness and holds an NCEF qualification. Join Eileen on Mondays and Thursdays for Aqua Aerobics. Classes are suitable for all levels. Tel. 053 9173513



Any questions call  
Fiona 053 9173513  
or 087 3143745

# GET FIT TODAY AT KELLY'S!

Join our new morning and evening classes at Kelly's with our health and fitness consultants Fiona Kehoe and Eileen Rowe.



## Swim Fit

Is for anyone looking to get the best out of their performance in the pool. Swim Fit will improve your technique, strength, endurance, flexibility and much more through tailored coached sessions. Participates MUST be able to swim, Suitable for all range of fitness levels.

## Boot Camp

Is for anyone with little time, who needs motivation and looking for fast results. An all grunt no frills workout!!

## Personal Training

If you need motivation in the gym or just help to understand the workings of the machines. Try a one on one session with Fiona to maximise your workout. Also receive a personalized program designed for only you.

## Body Sculpt

A weight based class designed to focus on toning and reshaping the body.

## Kettle Bells

A new way of mixing cardio and strength through a new and innovative way.

## Aqua Aerobics

A 45 - 50 minute exercise class using water as a resistance. This a low impact class but a great challenging workout and is brilliant for those aching joints. Classes are suitable for all levels.

### MONDAY

TIME	CLASS	VENUE	INSTRUCTOR
11 - 11.45am	Aqua Aerobics	Top Pool	Eileen
5.30 - 6.15pm	Boot Camp	Gym	Fiona

### TUESDAY

7.15 - 8.15am	Swim Fit	Top Pool	Fiona
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### WEDNESDAY

10 - 10.45am	Bum, Abs Thighs	Blue Room	Fiona
11am - 12noon	Swim Fit	Top Pool	Fiona
6.30 - 7.15pm	Kettle Bells	Blue Room	Fiona

### THURSDAY

10 - 11am	Boot Camp	Beach	Fiona
11 - 11.45am	Aqua Aerobics	Top Pool	Eileen

### FRIDAY

10 - 10.45am	Swim Fit	Top Pool	James
5 - 5.45pm	Body Sculpt	Gym	Fiona
6 - 7pm	Boot Camp	Indoor Courts	Fiona

### SATURDAY

8.45 - 9.30am	Kettle bells	Beach	Fiona
10 - 11am	Swim Fit	Top Pool	James

Classes may change location according to weather conditions.

