

Fitness Classes

July & August 2024



Riversdale
Leisure Centre

Get Set for Summer

Swim • Gym • Relax

Pay **£35**
for July.
Get August
FREE

Time	Class Name	Location	Cost
Monday			
9am - 9.45am	Aquafit (July only)	Main Pool	£4.00
6pm - 6.45pm	Studio Cycling	Spin Studio	£4.00
6pm - 6.45pm	Yoga	Multi Functional Room	£4.00
7pm - 7.45pm	Bars & Bells	Main Hall	£4.00
8pm - 8.45pm	Breathwork	Multi Functional Room	£4.00
Tuesday			
10.30am - 11.15am	Fit 50+ Club - Zumba	Main Hall	£2.00
12.30pm - 1.15pm	Yoga	Multi Functional Room	£4.00
5.30pm - 6.15pm	Yoga	Multi Functional Room	£4.00
6pm - 6.45pm	Circuits	Main Hall	£4.00
7pm - 7.45pm	Studio Cycling	Spin Studio	£4.00
7pm - 7.45pm	Zumba	Main Hall	£4.00
Wednesday			
6.30am - 7.15am	Yoga	Multi Functional Room	£4.00
9am - 9.45am	Aquafit (July only)	Main Pool	£4.00
10.30am - 11.15am	Yoga	Multi Functional Room	£4.00
6pm - 6.45pm	Studio Cycling	Spin Studio	£4.00
6.45pm - 7.30pm	Yoga	Multi Functional Room	£4.00
7pm - 7.45pm	Core Conditioning	Main Hall	£4.00
8pm - 8.45pm	Breathwork	Multi Functional Room	£4.00
Thursday			
10.30am - 11.15am	Fit 50+ Club - Yoga	Main Hall	£2.00
12.30pm - 1.15pm	Restorative Yoga	Multi Functional Room	£4.00
6.30pm - 7.15pm	Yoga	Multi Functional Room	£4.00
7pm - 7.45pm	Zumba Effective 08.08.2024	Main Hall	£4.00
Friday			
9am - 9.45am	Aquafit (July only)	Main Pool	£4.00
10.30am - 11.15am	Restorative Yoga	Multi Functional Room	£4.00
6pm - 6.45pm	Yoga	Multi Functional Room	£4.00
Saturday			
9am - 9.45am	Circuits	Main Hall	£4.00

*Centre closed Thursday 4th July, Friday 12th July,
Monday 5th August & Tuesday 6th August.

Riversdale Leisure Centre
Lisnafin Park
Strabane

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derrystrabane.com/leisure